



# SAMPLE ICEBREAKERS

## LIFE IS BETTER CONNECTED

Using icebreakers is an essential group skill. They should begin with light and informational questions then move to deeper and more personal levels as the group grows together. If used well, they can move the group to experience greater community.

Use discretion with these questions and statements. Some will evoke deep and serious responses. Others are light and funny. If your group is new, you should use questions and icebreakers that focus on information about people's lives (where they grew up, where they went to school, how they came to church, where they work, what they think about certain events, etc.). As intimacy develops in a group, begin to challenge people with more in-depth questions that evoke feelings, thoughts, and insights.

### INFORMATION: WHAT YOU KNOW

- What is your favorite movie and why?
- What is your favorite city and why?
- If money were no problem, and you could choose one place in the world to travel for a week, where would that place be?
- If your house were on fire, what three items (not people) would you try to save?
- What was your first job? What do you remember most about it?
- If you could go to college (again) what would you study?
- What is the most daring thing you've ever done? What made it so daring?
- What has been one of the greatest adventures you've ever been on?
- What was the best gift you ever received as a child?
- What's the story behind the longest time you ever went without sleep?
- Who is the most famous person you've ever met? How did it happen?
- What's the biggest lie you've ever told?
- What do you miss most about childhood?
- You have been given a one year sabbatical from work. What would you do?

### OPINIONS: WHAT YOU THINK

- Who is one of your heroes and why?
- Who is your number one advisor in life and why?
- What is your favorite way to spend your free time?
- If you are married, what is one thing you wish someone would have told you before you got married?
- If you were going to leave the world one piece of advice before you died, what would you say?
- Who was the most interesting person you've ever entertained?
- Describe a grade school teacher that made a big impression on you.
- What are a couple things you remember about your grandparents?
- What was your worst/best boss like?
- What is the best news you've heard this week?

### FEELINGS: WHO YOU ARE

- What is your biggest fear about death?
- What do you miss most about childhood?
- I am most like my mom/dad in that I am \_\_\_\_\_.
- What is one of your biggest pet peeves?
- For what do you want to be remembered?
- In what area of your life would you like to have greater peace? Why?
- When were a child, what was your favorite time of day?
- Where do you go or what do you do when life gets too heavy for you? Why?
- What is one of your biggest fears about the future?
- I want to be taken more seriously in the following areas \_\_\_\_\_.
- Which do you value more, sight or speech?
- Who was your hero when you were growing up? How did you try to imitate him or her?
- An emotion I often feel but don't usually express is \_\_\_\_\_.
- The thing in my wallet/purse that tells the most about who I think I really am is \_\_\_\_\_ because \_\_\_\_\_.