



SAMPLE ICEBREAKERS

LIFE IS BETTER CONNECTED

Using icebreakers is an essential group skill. They should begin with light and 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, while others are light-hearted and fun. If your group is new, 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

- Share some of your favorites – and why they are your favorite (Examples: movie, song, city/place to visit).
- If your house were on fire, what three items (not people) would you try to save?
- What was your first job? What did you like the most about it?
- What was the best gift you ever received?
- Who is the most famous person you've ever met? How did it happen?
- What's the worst lie you've ever told?
- 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?
- Do you have a mentor? If so, who are they and why are they your mentor?
- What is your favorite way to spend your free time?
- Describe a grade school teacher that made a big impression on you.
- What are a couple of 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?
- I am most like my mom/dad in that I am _____.
- What is one of your biggest pet peeves?
- How do you want to be remembered?
- In what area of your life would you like to have greater peace? Why?
- Where do you go or what do you do when life gets too heavy for you? Why?
- An emotion I often feel but don't usually express is _____.