

Icebreaker Questions

1. What would entitle your autobiography?
2. If you weren't in your current career, what would you choose?
3. What 3 items would you take with you on a deserted island?
4. If you could travel anywhere in the world, where would you go and what would you do?
5. What is your favorite season of the year and why?
6. What favorite dessert could you eat every day?
7. If you could instantly become an expert in something, what would it be?
8. Share your favorite food from your favorite local restaurant.
9. What game show would you want to be a contestant on?
10. What part of your daily routine do you enjoy the most?
11. What is your favorite tv show?
12. When you were younger, what did you want to be when you grew up?
13. If you were granted three wishes, what would you wish for?
14. If you won a million dollars, what's the first thing you'd do?
15. What are your top 3 favorite movies?
16. What is your favorite sound in the world?
17. What technology or device could you live without (or not live without)?
18. What is an interesting or unusual fact about you?

19. What's one of your pet peeves?
20. If you could host a talk show, who would be your first guest?
21. What is your favorite thing to do in your free time?
22. What food could you eat every day?
23. What sport would you compete in if you were in the Olympics?
24. What day in your life would you like to relive?
25. If you could only watch one movie for the rest of your life, what would it be?
26. What's your favorite time of day: morning, afternoon, evening or late night?
27. If you could go back in time, what time period would you visit?
28. How would you spend one million dollars?
29. What movie can you watch over and over again?
30. What's the best birthday or Christmas present you remember getting when you were a kid?
31. What are your three favorite smells?
32. If you joined the circus, what act would you most want to perform?
33. If you had infinite money, what would you do?
34. What is your favorite day of the year?
35. What's the worst haircut you ever had?
36. Do you have any crazy roommate stories?
37. What did you name your first car?

The M&M's challenge

Description: Pass a bag of M&M's around and tell everyone to take a few but not to eat them.

Ask each person to share something for every M&M. For example, for every red M&M, share a TV show you like; for every blue M&M, share a place you would love to travel; and for every yellow M&M, share something you appreciate about a friend. Let people eat the M&M's as they share.

Ideal group size: Up to 15 people.

Did you know? (Requires a little planning ahead, but so fun!)

Description: Ask each group member to give you one interesting or unusual fact about themselves before the group meets. Try to discover information that sets each person apart from the others, such as "I have a tugboat named after me," "I once wrecked the same quarter panel of my car four times," or "I have a twin."

Then make a sheet with one fact from each person and a blank space to enter someone's name beside this fact. Give everyone in the group a sheet and have them find out whose name goes in each blank.

When they find the right person, they must also learn one other fact about that person. This does not need to be written on the paper, it just encourages conversation. At the end, introduce everyone in the group in the order on the list. Give the person who found all the answers first a prize.

Ideal group size: 10-25 people.

Line up

Description: This game requires your group to line up in any type of determined order without speaking to one another. For example, ask your group to line up in order of their birthdays, starting with the earliest in the year. Or have them line up in descending birth order, from oldest to youngest. The prompt could be anything, as long as there is something they can order themselves by. The game is engaging because they have to figure out how to line up correctly without talking.

Ideal group size: Up to 20 people.

Starburst exchange

Description: Buy a large bag of Starburst (or some other candy) and give each person the same amount (try 10). Start by stating something you've never done that you think everyone else has done.

For example, you might say, "I've never had a birthday party," or some other true statement about yourself that you think everyone else has surely done. Then everyone who has had a birthday party pays you one Starburst. You pay everyone who has not had a party.

Keep playing until everyone has a turn or until someone runs out of Starburst.

Ideal group size: Up to 20 people.

Highs and Lows

This is a great icebreaker and can be something you can start off each week with. Everyone goes around in a circle and shares a high moment from their past week and a low moment. I recommend ending on the high moment! Obviously feel free to go as deep as you'd like with the low moment, but it can also be something as simple as stubbing your toe this morning

Two Truths and a Lie

This icebreaker can require a little more thinking on everyone's part which is why it's best played in a smaller group so that everyone can have time to answer. Everyone will tell two truths about themselves and one lie. The goal is to guess which fact is not true. This is a great way to get to know more about people and learn interesting things about them.

Show & Share

Have each person bring an item that has special meaning or significance and share why it's meaningful. Have them bring a picture if the item is too large to bring in.