

# Icebreaker Activities for Connection

Icebreakers are a great way to promote social connection within groups. A variety of icebreakers for classes, student organization meetings and other types of groups are listed below. You may need to shift activities based on the size and focus of your group.

## 1. **Check-in questions:**

- Rose, bud, thorn
  - » Rose: Something going well.
  - » Bud: Something you are excited about.
  - » Thorn: Something that you are feeling stressed about.
- 3 Ps:
  - » Personal: A simple fact about yourself (hobby, hometown, family, etc.)
  - » Professional: A work or academic fact (future goals, current job or major, skills, projects)
  - » Peculiar: A unique fun fact (habits, hobbies, experiences)
- If you could describe your day or how you're feeling based on a color, what color would it be and why?
- If you were a type of weather today, what would you be and why?

## 2. **Two truths and a lie:** In small groups, participants share two truths and one lie. Others guess which statement is the lie.

## 3. **Share a photo from your phone:** Participants choose a photo that brings them joy or has a meaning. They introduce themselves and share the story with a partner or small group.

## 4. **Bingo:** Create a 5×5 grid with “fun facts” in each box (e.g., traveled to Europe, plays a sport, is left-handed). They can also be related to the focus of your group. Provide printed or digital copies and allow time for participants to find others who match each square.

## 5. **Shoe stories:** Participants tell a story about their shoes. It could be about where they got them, where they have been in them, a funny story that happened in them, etc. If your group is large, you may want to break students into groups.

## 6. **This or that:** Provide quick 'this or that' questions (early bird or night owl, coffee or tea, etc.) Give participants one minute to discuss in small groups or pairs.

## 7. **Spontaneous show and tell:** Participants choose an item from their backpack (keychain, laptop case, water bottle, etc.) and share its significance with a partner or small group.

## 8. **Question of the week:** Ask a different question each week. Below you will find some examples:

- Reflection:
  - » Talk about a recent mistake. How did it make you feel? What did you learn?
  - » What is something that has made you feel proud recently?
  - » What are you passionate about and want to spend more time doing?
  - » What is one goal you accomplished this year?
  - » What is something new you recently tried and loved?
- Wellness:
  - » What is something you do to practice self-care?
  - » What or who are you grateful for?
  - » How do you support a friend going through a hard time? How do you support yourself?
- Fun:
  - » What is your favorite restaurant in Austin?
  - » What fictional character are you most like and why?
  - » What would be the theme song of your life?
  - » If an hour were added to each day, how would you spend it?
  - » If you had to teach a class on one topic, what would it be?
  - » What was the last song you listened to?
  - » What's something you want to do before you graduate?
  - » What did you want to be when you were a child?
  - » If you could instantly learn any skill, what would it be?