



## Icebreaker Activities

### Two Extremes

**Instructions:** Create an imaginary line down the middle of the room. Instruct people to move to the right or left of the line depending on where they stand on a particular issue. For example – take a step to the left of the line if you like chocolate or take a step to the right of the line if you prefer strawberry.

Continue with other examples/extremes:

- Sleep in or get up early
- Surf or skate
- Summer or winter
- Go to a football game or a concert
- Watch a movie in or go to the movies
- Hot chocolate or chocolate milk
- Be able to stop time or fly
- Be invisible or be able to read minds
- End hunger or end hatred
- Visit the doctor or visit the dentist

### Two Truths and a Lie

**Instructions:** Everyone in the group has to think of two things to share about themselves – two must be true but one must be a lie. When a person has shared their 3 things, the rest of the group must decide which of the 3 is a lie. The person then indicates to the group which one was a lie.





## Year of the Coin

**Instructions:** This is a quick and simple get-to-know-you game. Start with a handful of coins and hand out one coin to each person. You then go around the group and each person has to look at the year their coin was made and tell the rest of the group what they were doing in that year. It can be something significant or very insignificant.

## What Do You Have in Common?

**Instructions:** Have everyone stand in a circle. Start with one person and have them share something about themselves (i.e.: I like to watch Jeopardy, I drive an SUV, I've been to Spain, I know how to whistle, etc.) If you share the same thing you take one step forward. You can see who else in your group shares your interests. Return back to your original spot and have the next person in the circle share. Go around the circle until everyone has a turn.



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