



be nice. Student Leadership Group Icebreakers

First Memory of Mental Health

Using a large sheet of paper, ask students & staff leaders to write down their first memory of mental health or mental illness. This could be relating to their own mental health, something they witnessed in a friend/family member, something they saw on TV or in a movie.

After sharing / writing, discuss the importance of talking about mental health. Many people have some sort of experience with mental health and mental illness, and this is a great way for your Leadership Students to see that.

What Do You Have in Common?

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.

Year of the Coin

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. *For students, make sure coins are fairly recent years*



Two Truths and a Lie

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.

Getting to Know You Better

Randomly assign students to pair off with another student. Have each student ask the other person 5 questions to get to know the other person better. You can write the questions on the board or pass out papers with the questions already listed. You can have students share one of their partner's responses to the whole class, or split them into small groups to share.

Some examples of questions:

- If you could be famous, what would it be for?
- What is the one place you would want to visit and why?
- What is the most fun you have ever had?
- If you had 1 million dollars what would the first thing you would buy?
- If you could be born in a different era when would it be, and why?

Rock Paper Scissors Challenge

This is a great game for large groups that ends in excitement! Have students pair up and play best 2 out of 3 rounds of rock, paper, scissors. When one student loses, have them trail behind their opponent and cheer for them. When that student loses, everyone gathers behind that winner. By the end, the entire group should be split 50/50 cheering for two sides.

