
Session 1

ICEBREAKERS

1 TWO TRUTHS AND A LIE

- Each student thinks of two interesting things about themselves that are true, and one lie. The goal is to make it difficult for the other peers in the group to know which statement is the lie
 - Each student reads out their two truths and a lie and their peers guess which one is the lie
 - After every student guesses, the lie is revealed
 - Complete the steps above until each student has had a turn
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2 BEACHBALL GAME

- On a large plastic beach ball, write down 10 - 12 interesting questions (e.g., if there is one place you could visit in the world, what would it be?)
 - Have the students toss the ball to one another
 - Each student who catches the ball must read the question their right thumb lands on and answer that question
 - Have the students toss the ball until every student has answered a question
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3 HUMAN BINGO

- On a blank bingo template, write a question in each box
 - Give every student a copy of the bingo sheet
 - Have the students find a peer who answers “yes” to the questions on the sheet - and write down the name of the student who answers “yes” for each question
 - The first student to complete the grid with “yes” will win
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4 VISION BOARD

- Come up with 8 different yes/or no questions for identifying characteristics (e.g., do you have brown hair; do you like to swim? y/n)
- Read out each question and have the students break into groups with their peers who shared the same answer
- Do this for each question so the students are able to see which of their peers have similar interests/characteristics as them

5 NAME GAME

- Have the students stand in a circle
 - The student standing closest to the instructor should announce their name to the class
 - The next student must say the preceding student's name and then their own name
 - Continue this until the last student goes (hopefully they are able to remember everyone's name!)
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6 GET TO KNOW YOU

- Have students break into groups of two
 - Give them five minutes to ask each other the following questions: name, their school, what neighborhood they are from, and favorite hobbies
 - Have each student introduce their partner
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3 GUESSING GAME

- On a post-it note, write down the name of historical, fictional or famous people that each student would know
 - Have each student pick a post-it without looking at it and place it on their forehead
 - Have all of the students stand in a circle
 - The first student will begin the game by asking each student one yes/no question to help them guess the character/figure on their forehead until they are able to guess it
 - Each student will repeat this process until every student has gone
 - The student who guessed their figure with the least number of questions wins
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8 ICEBREAKER 8

- Have the group stand in a circle
- Pick one student to stand in the middle of the circle and name a descriptive characteristic about themselves (e.g., I love movies)
- All of the students for whom that statement applies have switch spots with each other until one student is left in the middle again
- That student will make the next statement, and so on, until every student has had a chance to be in the middle

Additional icebreakers: <http://thefoodproject.org/ice-breakers>