
ICE BREAKERS

PERSONALITY TEST

Administer a simple personality test like the True Colors test or the Myers-Briggs test (both can be found online). Have the learners share what they learned or confirmed about themselves and how they can apply their strengths in their work setting.

Q&A

Ask each person to share what their first job was, the best part of the job, and what they would change about it knowing what they know now.

RESUMÉ BUILDING

Divide the group into smaller teams and give them 10 minutes to build a team resume combining all experience, degrees, and roles together.

GUESS WHO?

Play guess who by asking each participant to write a silly or unexpected fact about themselves on a piece of paper. Collect all papers and then read the facts aloud, guessing which fact was written by each person.

MARSHMALLOW CHALLENGE

Play the Marshmallow Challenge, in which teams build the tallest free-standing structure from spaghetti sticks, tape, and string and place one marshmallow on the top (learn more at www.marshmallowchallenge.com).

TWO TRUTHS AND A LIE

Each person shares three statements about themselves—two true and one false. Others guess which is the lie.

WOULD YOU RATHER

Pose fun or thought-provoking “Would you rather” questions to spark conversation.

EXAMPLES INCLUDE:

Would you rather live in a world without music or without movies?

Would you rather be able to talk to animals or speak all human languages fluently?

DESERT ISLAND

Ask what three items people would bring if stranded on a desert island and why.

FAVORITE THINGS

Share your favorite book, movie, or hobby and explain why you love it.

SPEED NETWORKING

Pair up for quick, timed conversations to get to know as many people as possible.

BUCKET LIST

Discuss one item from your bucket list and why it's important to you.

MEMORY LANE

Share a funny or memorable story from your childhood.

DREAM VACATION

Describe your ideal vacation destination and what you would do there.

PET PEEVES

Talk about a pet peeve and see if others share the same annoyance.

SUPERPOWER

If you could have any superpower, what would it be and why?