

Ice-Breakers

The following are some examples of ice-breakers. The Workgroup Coach/Workgroup Liaison should feel free to come up with their own ice-breakers or may use one of the following.

Stand up if you...

- The workgroup leader prepares a set of questions for a rapid-fire exercise that involves participants standing in response to questions that are fun and that can be either general or more specific to the study.
- The questions asked should always start with “*Stand up if you...*”
- Sample questions may include:
 - *Can speak more than one/two/three languages*
 - *Can cook*
 - *Play a sport*
 - *Have traveled outside of the country*

Introduce your partner

- Ask workgroup members to find a partner they know little about
- Provide a set of questions to each pair
- Instruct the group that they will have a total of ten minutes for their “interviews” of one another
- When interviews are completed, gather the group together and ask each participant to introduce his or her partner.
- Sample questions may include:
 - What is your name?
 - What is your background?
 - What is something interesting about you?

Would you rather

- Take turns going around the table asking each person a “would you rather” question
- Sample questions may include:
 - Would you rather only have summer or winter for the rest of your life?
 - Would you rather go on a hike or see a movie?
 - If you could have the same job both places, would you rather work in a big city or a small town?
 - Would you rather have a constant supply of the best coffee in the world at your office or a constant supply of the best snacks in the world at your office?

The Candy Game

- Pass around a bowl of individually wrapped, multi-colored candy or other small snacks. Everyone takes as many candy pieces or other small snacks they like.
- Each person must answer the question for each color/type of candy or snack they take.
- Example questions:
 - Kit Kat: What is your favorite book?
 - Reece’s: What’s the best vacation spot you have ever been to?
 - M&Ms: What TV show are you addicted to?