



CHANGE FOR GOOD

BETTER TEAMS

Ice Breakers

Starting meetings with a 10 minute ice breaker is a small step in **building bridges and cultivating trust**. Through ice breakers you could discover that your seemingly shy colleague is an experienced improv actor who can organize the next company celebration. Here are just a few ideas to use at your next meeting.

ICE BREAKER IDEAS

Friendly Debate Icebreaker: Questions are asked and then each team member picks a side and can explain why. For example, “mountains or beach?” or “pizza or tacos?” or “which skill is more valuable: creativity or logic?” This is a fun way to get to know people better as well.

<https://www.snacknation.com/blog/boost-productivity-meetings-icebreakers-games/>

Find the Common Thread: Divide your team into groups (if it's only a couple people that works too), then tell them they must find one thing they have in common. This can include hobbies, music tastes, favorite food or even the last movie they have seen. After they have settled on their common thread, ask them to create a short list of traits or stereotypical qualities of people who share that trait. The group must then take on the qualities of that stereotype for the remainder of the meeting. For example, if everyone in a group found out they had cats, they may all periodically ask members of other groups to view photos of their cats. After the meeting is over, discuss how silly stereotypes can be and how they narrow our vision of others.

<https://smallbiztrends.com/2015/09/team-building-exercises-and-games.html>

The One Question: A team member is randomly selected to come up with a task for the group. It can be anything, from babysitting, to fire-fighting, to making tacos or digging a deep hole. After that, it's the job of each individual to come up with one question that would determine the best fit person for the job. There will be gems such as “do you have any experience with fires?”, and probably more creative questions.

<https://www.process.st/team-building-activities/>

Personality Quiz icebreaker: Every team member takes a personality quiz and then the conversation can flow from sharing the results! So fun.

Two Truths and One Lie Icebreaker: A fairly common one, but still worth mentioning because it is definitely a fun way to get to know team members!

<https://www.tinypulse.com/blog/sk-work-icebreaker-games>

Childhood Achievements Icebreaker: Simply ask everyone around the table to share something they achieved when they were under the age of eighteen.

<https://www.wikijob.co.uk/content/features/useful-resources/10-icebreaker-games-for-work-meetings>

For more virtual team building activities, scroll to the end of this article:

<https://sophaya.com/2016/11/01/virtual-team-building-activities-for-remote-teams/>