

Ice Breakers

Build personal connections and promote cohesion using ice breakers. Each ice breaker takes 10 mins to complete but they are a high energy and non-threatening way for teams to connect at a personal level. When we know personal information about each other, it creates communication shortcuts which allows the team to be more engaged and productive.

HOW TO USE ICE BREAKERS

The leader could pose the question out loud, pop it into the Zoom/Teams chat or write it on a whiteboard at the start of a routine meeting/stand up.

Everyone should be offered an opportunity to answer the question. Please note individuals with a preference for introversion may find this task challenging and should not be forced to participate and/or be allowed time to prepare their answer.

There are "introvert friendly" ice breaker options, so perhaps mix up the types of questions posed from week to week. Please continue to invite responses from all team members, introverted or extraverted.

Extraverted- friendly

Ice Breakers

Who was your
childhood
actor/actress crush?

What are your favorite songs
from your teenage years that
you still rock out to when
nobody else is listening?

What's your most
embarrassing moment
from your teen years?

What's the craziest dare you
ever took?

What's the worst thing you ever
did as a kid – and got away with?

What's the grossest
food you ever had to
eat to be polite?

What's the craziest fashion
trend you ever rocked?

What did you get into
the most trouble for
with your parents as
a kid?

What part of pre-school do
you wish you could
incorporate into your adult
life? (i.e. naptime)

What's your silliest
memory with your best
friend?

Extraverted- friendly

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Who is your craziest/most interesting relative?

What band would you be embarrassed to admit you listen to?

What's the craziest thing on your bucket list?

What's a weird fact you happen to know?

What is your real favorite movie, and what movie do you pretend is your favorite to sound cultured?

What's your strangest talent?

What's your best idea for a reality TV show?

Which Disney character's story does your life most resemble?

Everyone has those recurring bad dreams ... what is your nightmare?

Describe your dream holiday if money was no limit.

Introverted- friendly

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Do you prefer to get up early or stay up late?

What did you want to be when you were a kid?

Do you prefer working from home or working in an office?

Do you have any brothers or sisters?

If you had to be an animal, which animal would you be?

Winter or summer?

Do you prefer cats or dogs?

If all your clothes had to be one color forever, what color would you pick?

Which superhero would you want to be if you had the ability?

If you could have any celebrity be your best friend, which celebrity would you pick?

Introverted- friendly

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What skill would you want to be able to master instantly?

What would you choose if you had a chance to master any superpower and why?

Tell us five things you keep in your bag/desk on a regular basis!

Would you rather be stranded on a desert island alone or with your worst enemy?

Would you rather be without elbows or knees?

Would you rather be great at physical activities but stupid or a genius with terrible coordination?

Would you rather always arrive at a red light or experience slow internet every time the sun goes down?

Would you rather own a yacht or a private jet?

Would you rather only be able to whisper or only able to shout?

Would you rather your life had a cinematic soundtrack or a sitcom laughter track?