

# Social Connections Icebreakers

Icebreakers are a great way to promote social connections. You may need to shift icebreakers based on the size of your group- if you have a lot of participants you may have to create breakout rooms in Zoom.

## 1. Check-in questions

- Rose, bud, thorn
  - Rose: Something that is going well.
  - Bud: Something you are excited about.
  - Thorn: Something that you are stressed about.
- If you could describe your day/how you're feeling based on a color, what color would it be?
- If you were a type of weather today, what would you be?
- Wow, Pow, Chow
  - Wow: Something great that happened in the past week.
  - Pow: Something disappointing that happened recently.
  - Chow: A great new restaurant experience.

2. **Simple Self-Introductions.** Have members introduce themselves to the rest of the class/group, including their basic information about them (names, majors, year in school, position, etc.). You can even have them include a "fun fact" about themselves.

3. **Two Truths & a Lie.** In small groups (in person or via Zoom) ask members to share two truths about themselves & one lie. Other members of the group must guess which statement is the lie.

4. **Draw a Picture or Doodle of a Significant Event.** Members can draw a recent event in which they partook (or something recent that happened to them) and exchange their drawings with a partner. The pairs can either introduce themselves to one another and discuss the events or introduce each other to the larger group while describing one another's events to the group via in person or Zoom.

5. **Draw a Picture of Why the Member Is in the Organization/Class.** Ask students to draw their reason for joining the group/class and what they hope to get out of it. They can then share these in pairs, groups, or with the larger organization in-person or via Zoom breakout rooms.

6. **Bingo.** Make a 5x5 grid to use as a Bingo sheet. In each box, write a "fun fact," or something that at least one of the students will probably relate to. Some examples might include traveled to Europe; plays a sport; is left-handed, etc. but they can also be related to your discipline.



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7. **What are the stories of your shoes?** Have everyone go around the room or via zoom and tell a story about their shoes. It could be about where they got them, where they have been in them, a funny story that happened in them, etc. If your group is large you may want to break students into groups (this can include Zoom breakout rooms).

8. **Question of the week.** Ask a different question each week. Below you will find some examples:

- What color would you use to describe yourself? Why?
- Talk about a joyful time in your life.
- What is something beautiful you say this week?
- What have you done in the past 3 months that makes you feel proud?
- Talk about a mistake you have made recently. How did it make you feel? What did you learn?
- Where have you found peace?
- What are you passionate about and want to spend more time doing?
- What can you do that you could not do a year ago?
- What or who are you grateful for?
- What risk are you happy that you took?
- What does your perfect day look like?
- What is something new you recently tried and loved?
- What have you witnessed that has strengthened your faith in humanity?
- What makes you lose track of time?
- What is your favorite restaurant in Austin?
- What fictional character are you most like and why?
- What is the theme song of your life?
- When a friend is going through a hard time how do you support them? When you are going through a hard time how do you support yourself?



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