

# Breaking the Ice

Even though everyone in the room likely knows everyone else, it's a good idea to start out by breaking the ice. You may know each other, but you've never done this particular training before, and lightening the mood will help folks settle in.

Here are a few suggestions for icebreakers. Pick one of the following activities to kick off your training. If you have one you already know and like, feel free to use that one instead.

## ***Option 1 Activity: Two Truths and a Lie***

Begin with yourself. Share two truths about yourself and one lie with the group. Try to choose things that people may not know about you. For example:

- You love Elvis Presley
- You hate celery
- You've gone skydiving.

Then ask everyone in the room to guess which two are true and which one is the lie.

Then go around the room asking each person to share their own two truths and a lie so that everyone else can guess.

## ***Option 2 Activity: Have You Ever***

Each person should come up with a question in the form of "have you ever \_\_\_?" of something they have never done. They will walk around with a piece a paper and ask the question to others. If you have done it, you will write your name on their piece of paper.

Once everyone has finished and taken their seats, each person will share their question and the people who answered yes to the room. Some example questions are:

- Have you ever had stiches?
- Have you ever met a famous person?
- Have you ever seen an actual tornado in person?

### ***Option 3 Activity: Winter Memories***

Have a discussion as a group or in pairs about the following question:

- What was winter like when you were younger?