

Sample Icebreakers

How I got my name - When you first meet ask people to say their name and how they got their name – this can reveal a lot about their history and culture. The facilitator should go first, to demonstrate how it is done – you can talk about how you came to have your first name and surname.

Me in one word - Ask people to introduce themselves, by finding a word that begins with the same letter of their name and says something about them - e.g. Marvellous Marian, Brilliant Ben, Incredible Ibrahim...

Interview - Divide the people into pairs. Ask them to take three minutes to interview each other. Each interviewer has to find 3 interesting facts about their partner. Bring everyone back to together and ask everyone to present the 3 facts about their partner to the rest of the group.

Desert Island - Announce, 'You've been exiled to a deserted island for a year. In addition to the essentials, you may take one piece of music, one book and one luxury item you can carry with you i.e. not a boat to leave the island! What would you take and why?'

Flags is a get-to-know-you activity, helping people express what's important to them or more about themselves. Provide large sheets of paper, crayons, markers and paints. Ask each person to draw a flag which contains some symbols or pictures describing who they are, what's important to them or what they enjoy.

Each flag is divided into 4 or 6 segments. Each segment can contain a picture i.e. favourite emotion, favourite food, a hobby, a skill, where you were born, your family, your faith. Give everyone 20 minutes to draw their flags. Ask some of the group to share their flags and explain the meaning of what they drew.

As you may be unsure of the participants literacy abilities - it is better to avoid writing activities. If you do want some things written down later on, have people work in groups, with each group having a note taker.

