

# CROSSPOINT

## Ice Breaker Ideas

Ice Breakers are a great way to help people relax, get to know one another, and help people be more open to the lesson and discussion. Below are several proven and tested ice breaker ideas you can use. Feel free to come up with your own ice breakers too! Food is another GREAT ice breaker! Consider having dinner together occasionally before the lesson.

### *You can learn a lot in 30 seconds!*

For this fun ice breaker designate someone as the time keeper. The time keeper needs a stop watch or second hand on a watch (most cell phones have this feature too). Tell each person, one at a time, that they have exactly 30 seconds to tell as many things about themselves and their family as possible. They can tell you anything they want, it just has to be within the 30 seconds. At the end see who you think told the most things about themselves within that amount of time. This is fun, keeps it moving, and you learn a lot about everyone!

### *Favorite vacation*

Have everyone talk about their favorite vacation (as a child or adult) and what made it so special OR if they don't have a favorite vacation – what WOULD their "dream" vacation be?

### *True or Not True*

Everyone should think of two true things about themselves that most people wouldn't know and one thing that isn't true. Say all three things and then everyone guesses which one is not true. They can be simple (example: I like bananas, I played basketball in college, I have sky dived).

### *What is your hidden talent or favorite hobby?*

Maybe you have a hidden talent (wiggling your ears, juggling) or maybe you have a favorite hobby. Tell the group (and maybe demonstrate when appropriate) about these two things.

### *Who has influenced you?*

In life there are a few key people who have influenced your faith and/or character in a positive way. Tell us about one person that has influenced you the most in your life and in what ways.

### *Tough Choices*

Imagine you are going to a secluded location and you had to pick just one food to eat for the rest of your life. What food would it be and why?

### *General Ice Breaker Questions*

- 3 F's - Introduce your Family, where you are From, and what you like to do for Fun.
- Ask each person about a successful strategy they've used relating to the topic of study.
- Tell us something most people would not know about you.
- One of your favorite "family" memories.
- What is a goal you have but have been putting off?
- What is your middle name... and why you were given that name?
- Most embarrassing thing that has happened to you (that you are willing to admit)
- Complete this sentence... "My idea of a perfect day is...."
- If God would grant you 3 wishes what would you want them to be?
- If you were on a stranded island, what 3 things would you want to bring with you?
- If you knew it was your time to "go"... and you could only have one more meal, what would it be?

### *For Couples Groups:*

- Have each person introduce their spouse and answer the following questions: 1) One thing their spouse is really good at. 2) Spouse's favorite food 3) Thing their spouse most likes about them (they are guessing of course).
- Funniest or favorite wedding or honeymoon memory
- Have each couple tell their love story. How they met and when they knew "they" were the one.
- Basic facts: How long have you been married 2) How long engaged 3) Where did you honeymoon.