

Top icebreaker activities

Successful workshops take place when participants feel comfortable sharing their thoughts and experiences. The following activities can be used to help break the ice with a new group, or to help you and your participants learn more about each other throughout your workshop series. No matter the activity you choose, be sure maintain a judgement-free and inclusive environment. Be aware of the group size and group dynamic of your participants and be understanding and flexible if they may not feel ready to participate in any of the activities.

1 Share something good

Group size: Large (no max)

Duration: 5 minutes

Preparation: None

Ask participants to walk around the room, give someone a high-five and share something good that has happened to them this week. Repeat if you have time.

2 Scavenger hunt

Group size: Medium to large (10 to more people)

Duration: 10 minutes

Preparation: Create a scavenger list (e.g. ten items people might have in their pocket or bag)

Arrange your participants into teams and ask them to locate the items in a scavenger list as quickly as possible. They can talk to anyone in the group and must note down which person they received each item from. The team to find most items is the winner.

3 Introduce your partner

Group size: Small to medium (5 to 20 people)

Duration: 10 to 20 minutes

Preparation: None

Have everyone pair up and take five minutes to chat and tell each other about themselves. Each person takes turns to share one interesting thing they learned about their partner.

4 My values and money

Group size: Flexible

Duration: 10 to 15 minutes

Preparation: [My values and money handout](#)

Each participant spends a few minutes to think about their personal values and completes the handout. Encourage them to think about how their values affect their relationship with money. Participants who feel comfortable can share their responses with group. This is also a good warm-up activity to do in as in introduction to budgeting or money management.

Top icebreaker activities

“Find someone who” bingo

Group size: Medium (10 to 20 people)

Duration: 10 to 15 minutes

Preparation: Create identical preloaded bingo cards, pens/pencils

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Give each person a preloaded bingo card that has characteristics or activities written in each box (e.g. has three siblings, has gone Salsa dancing). Walk around the room to find someone who fits the characteristic or has done the activity in the box and write down their name. Winner is the first to complete a row or fill up the whole card.

Two truths and a lie

Group size: Small (5 to 10 people)

Duration: 10 to 20 minutes

Preparation: None

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Each person takes turns sharing three statements about themselves: two truths and one lie. Others can ask the sharer questions to help them determine which statement is the lie. Everyone votes for which statement they think is the lie and the answer is revealed after voting is complete or at the end of the activity.

Never have I ever

Group size: Small (5 to 10 people)

Duration: 10 to 20 minutes

Preparation: None

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Each person starts off with five points and takes turns naming something that they have not done before (e.g. “Never have I ever cooked Indian food”). If you have done what some-one else has said, deduct a point and share more about your experience. Continue until someone has no points left or until there is one person remaining.

Reach for the sun

Group size: Flexible

Duration: 15 to 20 minutes

Preparation: Blank sheets of paper and drawing materials

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Give each participant a sheet of paper and ask them to draw a large sun and an outline of a tree with roots, a trunk and branches. Ask them to write their values (e.g. family, culture) in the roots, their roles (e.g. mother, friend) in the branches, and their skills (e.g. cooking delicious meals, being a great listener) in the branches. In the sun they write their inspirations and dreams. Participants may choose to share their drawings with the group.