

Icebreaker Options

Icebreakers are short questions or activities designed to help the mentor and mentees get to know one another. Icebreakers should not take more than a couple of minutes but function as a great tool at the beginning of meetings to literally “break the ice” and enable a more comfortable flow of conversation.

1. Start with a simple question for everyone to answer:

- What is your favorite U of A memory?
- Why did you choose to go to the U of A?
- Where are you originally from? Share a fun fact about the place where you grew up.
- If you woke up as an animal tomorrow, what animal would you be and why?
- What is a motto or tagline that you strive to live by?
- If you could be in one movie, which movie would you choose to be in and why?
- If you were stranded on a desert island, what three things would you have with you and why?
- If you could travel to one place in the world right now, what would it be and why?
- Where do you see yourself in five years? Ten years?
- If you could have dinner with any historical figure (alive or not) who would it be and why?

2. Begin the session with everyone sharing ONE word.

- This word is to describe how you are feeling at that moment.
- There is no judgement and people don't have to explain the reasoning for their word.
- The purpose is just to get people talking and set a baseline for where everyone is coming from in that session.

3. High Fives!

- Spend time cultivating positivity and good vibes to start the session. Go around the cohort updating one another on one of the five topics below:
 - i. What is something you are grateful for today?
 - ii. What inspired you recently?
 - iii. Who showed you kindness or support?
 - iv. When did you help or serve someone else?
 - v. What is a recent accomplishment or achievement?

