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 thing 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 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?