

Icebreaker Guidelines & Examples

Prepared for Antelope Valley Partners for Health (AVPH) by [Neighborhood Data for Social Change \(NDSC\)](#)

General Guidance for Creating Icebreakers:

- Avoid superlatives (e.g. it's easier for someone to think of a great piece of advice they received rather than the "best" piece of advice)
- Think positively - try and frame the question with a positive voice (what's the best thing that happened to you today?)
- Don't presume folks have the same experience as you, so try to ask questions that don't require a particular type of upbringing. This guideline is especially relevant around holidays, not everyone celebrates Christmas and Halloween, for example.

Multiple Choice (for Zoom polls):

What is the best thing to do with a pineapple?

1. Make fruit salad
2. Make piña coladas
3. Put it on pizza
4. Use it as a decoration
5. Use it as a weapon

What's your personal weather today?

1. Sunny & Bright
2. Partly Cloudy
3. Foggy
4. A Light Drizzle
5. Rainbow Sighting
6. Thunder Showers

Which flavor are you today?

1. Spicy
2. Savory
3. Sweet
4. Sour
5. Salty

Open Ended:

- What new year's resolutions have you successfully achieved this year or in the past?
- What color would you be in a crayon box and why?
- If you could have any super power, what would it be?
- When you aren't resting, what's your favorite way to spend your free time? What are some of your hobbies?
- What's one object that you own that you can't live without?

- If you had 26 hours a day, how would you spend your extra two hours?
- If you were a bee, what's the first thing you'd do or explore?
- What is your favorite restaurant in your neighborhood?
- What's your favorite cultural tradition or holiday?
- Describe a life changing moment that shaped who you are today.
- Tell us about a great road trip you went on.
- What is a food/drink that reminds you of home?
- If you had to create a small business, what small business would you run?
- If you could open a cafe, restaurant, or bar, what theme would it be?
- What advice would you give your younger self?
- What flavor of ice cream would you be and why?
- What are you reading or watching right now?
- When you were little, what did you want to be when you grew up?
- What's one thing that you hate but everyone else seems like?
- What's a great piece of advice you've received and who did you receive it from?
- What is a surprising fact that you have learned recently?
- If you could be an Olympic athlete with any type of talent, which sport would you pick?
- What movie would you want to be in?
- What's a time that required you to be resilient that ultimately ended with a positive outcome?

Longer Questions for Diving Deep:

Rose, Bud & Thorn:

Please share a Rose, Bud & Thorn that you have recently experienced (can ask people to share one or all three):

- **Rose** = A highlight, success, small win, or something positive that happened
- **Thorn** = A challenge you experienced or something you can use more support with
- **Bud** = New ideas that have blossomed or something you are looking forward to knowing more about or experiencing

Head, Heart, Hands:

This is an exercise that incorporates trauma healing informed principles by allowing participants to check in with their thoughts, emotions and bodies. Invite people to share some of the thoughts they are bringing into the space (**head**), the emotions they are holding (**heart**) and any messages from their bodies (**hands**). People can feel free to share about all of their H's or just one or none. The ultimate rule is that there is no wrong way to do head, heart, hands!