

MEETING ICEBREAKER IDEAS

1. [Team Building Icebreaker: Find 10 Things in Common](#)

In this ice breaker, you find ten things that you have in common with the other participants in your group. You start by telling them that simple cop-outs such as body parts are not allowed. Find out how to lead this fun ice breaker.

2. [The Five of Anything Ice Breaker](#)

You can use any number for this fun ice breaker that quickly allows participants to share interests. Make the interests germane to your session or let your participants learn more about each other. This ice breaker is easily customized.

3. [Fun and Funny Ice Breakers](#)

These ice breakers are fun and funny and while they may not introduce the topic of the meeting, they have their own place in the world of warming people to the discussion in meetings.

4. [Speed Meeting Ice Breaker](#)

Have you ever attended a speed dating session? They were quite the rage for awhile. I modeled this ice breaker on the concept of speed dating. It lets you meet a large number of meeting participants in just a short amount of time.

5. [Your Favorites - An Ice Breaker](#)

From pets to food to flowers, everyone has favorites. That's what makes this ice breaker so much fun. Participants can't get it wrong. It's fun to hear the answers from your colleagues when they list their favorites. The key is to keep it light so participants are comfortable sharing.

6. [Ice Breakers for Meetings at Work: Energizing Questions](#)

Need an ice breaker that encourages reflection and sharing? These thoughtful questions warm up your meeting while allowing participants to share something that is important to them. Here are many examples of questions you might like to use. They're easy to customize.

7. [Three Shining Work Moments Ice Breaker](#)

Originally developed to lead a session on team building with police officers, this ice breaker / team building activity worked so well, that I have used it over and over with different groups. This allows participants to reflect on their years of work (or years of college) and pick three moments to share with their small group.

8. [Your Personal Best: A Magical Team Building Activity](#)

In this ice breaker, you ask the participants to think back over their careers and identify a moment when everything that is great about themselves was operating in high gear. They're asked to share that moment in a small group. The secret is that it is probably the first thought that came to mind when they heard the instructions.