

# Quick and Easy Ice Breakers

## Dreams and Nightmares

Each person states a “dream” about something positive they hope will happen in the class. Each person states a “nightmare” about something negative they hope will not happen in the class. List them on a flip chart so the whole class to see.



## Surprised to Know

Ask everyone in the room to stand. Ask each person to introduce themselves and tell the group one thing about themselves that people might be surprised to know. Example: “I once went swimming with manatees” or “I used to be a performer in a circus.”

## Ask a question

Simply ask a question of participants such as, “What do you like to do for fun?” “Can you describe your dream vacation?” “If you could have a dinner and invite any three people, alive or deceased, who would you invite?” “What is your all time favorite movie and why?”

## Line It Up

Give participants 30-60 seconds to line up in alphabetical order by last name. If two participants share the same last name, use their first names to break the tie. Once the line up is complete, go around the room and ask participants to introduce themselves by saying their name and one thing they expect to get out of the training. (Variation: Ask participants to line up by birth month and date and form a circle instead of a line.)

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