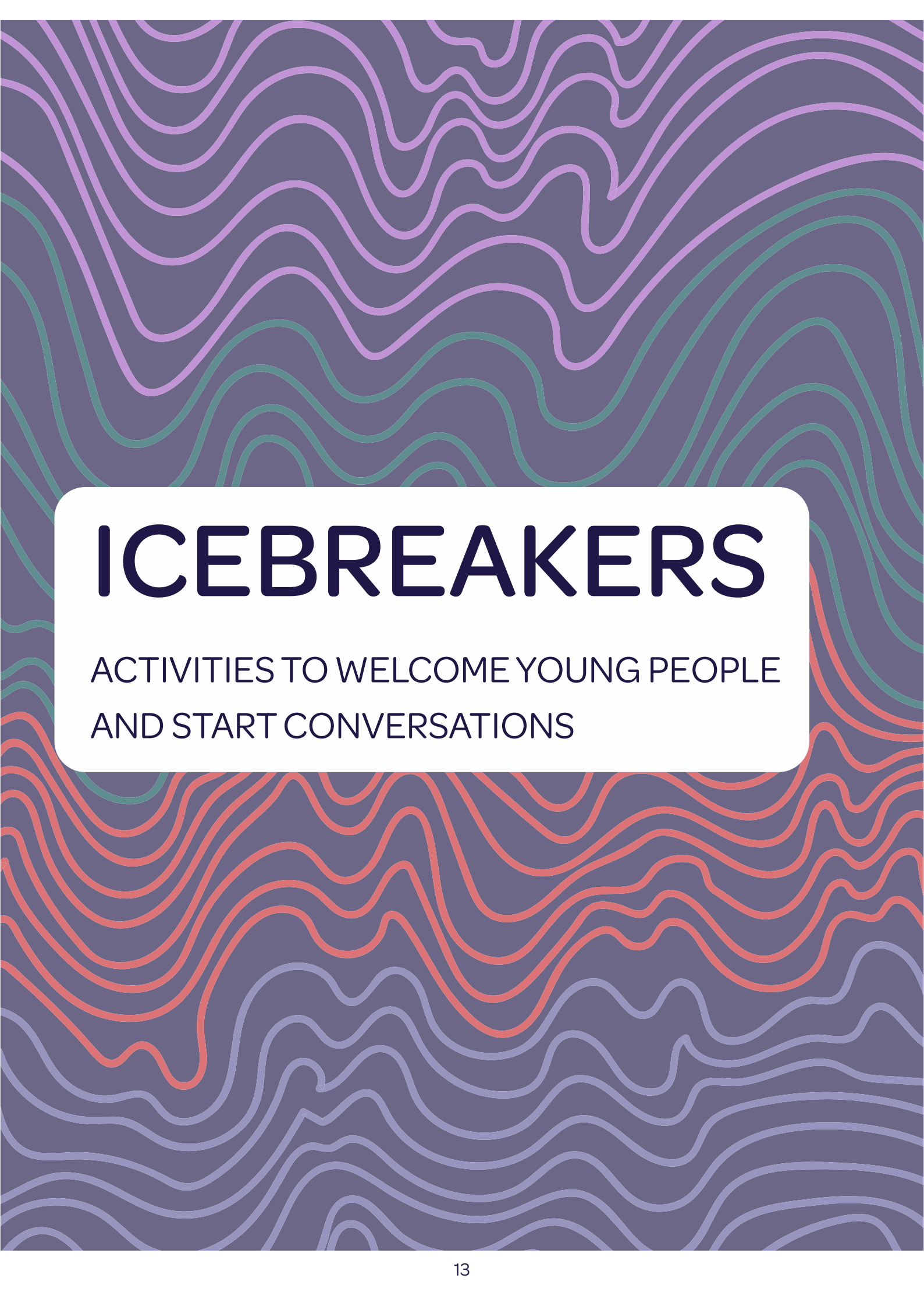




ICEBREAKERS

ACTIVITIES TO WELCOME YOUNG PEOPLE
AND START CONVERSATIONS

TWO TRUTHS & A LIE

Icebreaker activity for engaging with young people



20 minutes +
depending on size
of group



- **FTF OR ONLINE DELIVERY**
- **FOR GROUPS**

Ask participants to write down three statements about themselves (two truths and one lie) on a piece of paper (allow 5 -10 mins). Make sure they do not tell each other what they are writing.

- Ask one member of the group to read out their three statements
- Allow the group 2 minutes to 'quiz' them on their statements
- The group should then vote as to which statement is a lie
- Repeat for the rest of the group

BUILD A TOWER

Icebreaker activity for engaging with young people



10 minutes

- FTF OR ONLINE DELIVERY
- FOR GROUPS



Divide the group into two teams and give each a pack of cards.

In 10 minutes, the group must build the cards into a structure which is taller than the other group's. This can be measured by the number of cards or by measuring with a ruler.

The activity can be adjusted for online working by asking the group to find objects around the room at home to create the tallest tower.

DESERT ISLAND

Icebreaker activity for engaging with young people



20 minutes
depending on size of
group



- **FTF OR ONLINE DELIVERY**
- **FOR GROUPS**

The group are about to be stranded on a desert island and have 5 minutes before being stranded to choose one of each of the following to take with them:

1. A film
2. A book
3. Music
4. An item they couldn't live without

Give them 5 minutes to think of their answers and then run through each question, giving everyone the opportunity to share their answer and why.

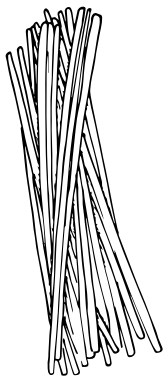
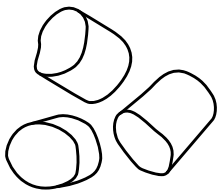
MARSHMALLOW & SPAGHETTI TOWER

Icebreaker activity for engaging with young people



20 minutes
depending on size of
group

- **FTF DELIVERY**
- **FOR GROUPS**



The group are split into small teams and provided with dry spaghetti and marshmallows. Each group has 10 minutes to work together to create the tallest freestanding structure.

The tower must not be held up by any group member or lean against anything. It must be built on a flat surface. Structures are measured from the base to the tallest point at the end of the allocated time to determine the winning team.