



# Icebreaker Activities

## 1. Pose questions to the group and have each person select one to answer.

- What memory still makes you laugh when you think about it?
- What event or activity in the next few months are you looking forward to more than anything else?
- What would you cook if you really wanted to impress someone?
- If you could possess one unique super power, what would it be?
- What is the most creative thing you have ever done?
- What is one trip you have never taken but would really like to take someday?
- Of all your birthdays, which one was your favorite and why?
- If you could get a front row ticket to any concert (past or present), what concert would you pick and who would you take with you?

## 2. Mandala Making

1. Draw a circle.
2. Name each quarter of the circle one of the four directions: North, South, East, West
3. Each person adds a small item to the center of the circle that represents themselves: a shell or any item of their choosing.
4. Each person shares their answers to the following questions:
  1. Where you have been?
  2. Where you are now?
  3. Where you are going?
  4. Describe your perfect world?