

Creating Belonging & Building Relationships Through Ice Breaker Activities



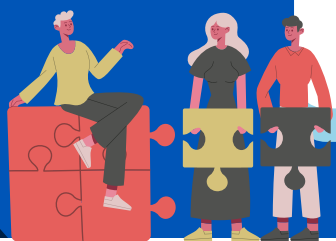
Benefits of Ice Breakers for Classes and Meetings

- Builds social connection, trust, and rapport
 - Helps colleagues get to know each other beyond their professional roles
 - Reveals similarities and common experiences (despite demographic differences)
- Reduces power dynamics so more people's voices can influence decisions
 - Fosters confidence to speak up later in class or at a meeting
 - Supports an environment in which people are more able to state differences in perspectives.
- Fosters well-being
 - Promotes laughter and relieves stress
- Improves performance and innovation
 - Creates opportunities for participants to step out of their comfort zones.
 - Encourages social cohesion necessary for innovation and creativity



Diversity Ice Breakers

- Based purely on how you look, talk or present yourself, what is an incorrect assumption people sometimes make about you?
- What is your strategy for connecting across difference? (credit to [Inside-Out Prison Exchange Program](#))
- What are some of the feelings that come up when you think about equity, diversity and inclusion?
- What is a positive interaction that you had with a person you don't know...
- What is something that you want to share with someone that people wouldn't necessarily know about you?



Teaching Ice Breakers

- Looking back over your life, who is a teacher that inspired you?
 - Why did they inspire you?
- Describe a time either in a learning environment or in a workplace in which you have felt a sense of inclusion.
 - What contextual factors led you to feel a sense of inclusion?



Academic Job Ice Breakers

- How does your research or teaching connect you to place?
- What is one thing that is unexpected about your professional path that brought you to this current position?
- If you could open up any business, what would it be?
- What is your dream job?
- If money and practicality weren't concerns, what would you be doing with your life?
- What is one thing you need from your teammates in order for you to bring your best to the workplace?
- What is something we should know in order to work most effectively with you?



Just-for-Fun Ice Breakers

- What is an object on your desk or in your work-space that is meaningful to you?
- What is one thing that you have done once that you will never do again? (credit to [Inside-Out Prison Exchange Program](#))
- What is home to you?
- 2 Truths and a Lie...Make three statements and the other members of your group need to guess which one is a truth and which one is a lie.
- Who is one famous person that you would like to meet and why?
- If you could have any one super-power, what would it be?
- Find one person you don't know very well and identify 10 things that you have in common with each other. (These can't be things like "I have a leg" but need to be somewhat surprising.)

