

ICEBREAKERS BY TOPIC



Directions:

- Select one Icebreaker from the topics below.
- Use the icebreaker to begin your REALTALK group.

BULLYING

If you have ever encountered a bully, were they more present in your elementary, middle, or high school? What behaviors did they exhibit that showed they were a bully?

What advice would you give to someone who decides to stand up to a bully?

MOVING

If you were told you were moving to a different city next week, who would you miss the most and why?

If you could take any restaurant with you on your move, which one would you bring along? Why?

MAKING FRIENDS

What qualities and characteristics do your closest friends have which are like yours?

What qualities and characteristics of people do you avoid when trying to make friends?

HEALTHY BODY

If you had to eat the same healthy meal every day, what would it be? Why?

What type of physical exercise do you enjoy more than any other? How does this form of exercise help you stay fit or decrease stress?

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FEAR

What animal or insect are you the most afraid of? Why?

You are outside, and you see lightning. You run inside to avoid being struck. Give another example like this one which is a healthy reaction to a common fear.

HOMEWORK

What do you do to celebrate after completing a difficult assignment?

If you could tutor someone on a subject, what subject would it be and why?

REINTEGRATION

What positive life changes will you share with your special person who just returned?

What is one task or chore you are happy to give up because your special person has returned?

DEPLOYMENT

Which branch of the Military do you like the most? Would you consider serving in this branch or another branch? Why or why not?

What kind of souvenir would you want your special person to bring back with them?

