



Lost

This is an ice breaker named after the popular television program, and it will help break the ice in any of your sessions. Tell the group that they are stranded on an island with all the other members of the class. The group is reminiscing about what they miss the most. Have each member of the group write the top five things, other than their families, that they miss the most.

Give the class a few minutes to write the list. Then ask for volunteers to share. Have them describe their lists in descending order, and explain why the item was chosen.

If you exhaust all the volunteers, select people but only have them share one item from their lists. Go around the room "Round Robin" fashion. You'll break the ice, find out a lot about the people in the room, and help create a comfort level for discussing things within a group. A variation of this exercise is to assign it to teams, and have each team member mention one item.