**Ice breakers**

Icebreakers are activities that encourage groups to feel more at ease, start to get to know each other and warm everyone up for the day. It’s important to choose the right icebreaker for your audience and involvement method.

Icebreakers can last between 15-30 minutes. Here are a few options to get you started! They can be adapted for online or in-person meetings.

**Fun questions**

Ask people one simple question and ask them to answer it. You could go around the room and ask everyone to give an answer. Or you can put attendees in pairs and get them to ask their partner. To wrap it up bring everyone back together and get groups to share what they said.

Examples of questions could include:

* Would you rather live in the Sahara or the Antarctic?
* If you could teleport anywhere right now, where would you go?
* If you could be an animal, which one would you choose to be and why?
* What celebrity would you invite over for dinner and why?
* What's your go-to karaoke song?

**Two truths, one lie**

Attendees tell two truths and one lie about themselves. The objective of the game is to guess which statement is the false one. You can do this in pairs or small groups. To wrap it up bring everyone back together and ask everyone to share the most surprising fact they heard.

**Interview**

Put attendees in pairs and get them to interview their partner. Provide a set of 3-4 questions to guide the interview. Include questions like ‘what do you want to get from the day?’, ‘why did you choose to attend this meeting?’, or ‘what are you looking forward to most?’ To wrap it up bring everyone together and ask everyone to introduce their partner.

**Desert island**

Put attendees in pairs and ask them to share what 3 items they would want if they were stranded on a deserted island. You can wrap by asking people to report on what their partners answers were. To wrap it up bring everyone back together and get groups to share what they said.

**Opinion**

Write the words ‘agree’ and ‘disagree’ on large pieces of paper and stick them on opposite walls. Read out some fun statements like ‘dogs are better than cats’ and ask everyone to move to the ‘agree’ or ‘disagree’ sides of the room. After some fun statements you can relate it to the theme of the involvement. For example, ‘investing in prevention is more important than investing in new treatments.’