

## ICEBREAKERS

An easy way to promote inclusion at PTA meetings is to encourage members to interact with each other. Include an icebreaker at your PTA meeting as a fun way to get people acquainted and to feel included. It's a great way to start meetings, encouraging engagement and meaningful introductions before diving into business.

- What is our main goal with this ice breaker? Determine whether your goal is to help people get to know each other better, to inspire some fun competition, or to have people walk away having learned something new.
- How is our ice breaker inclusive? Keep in mind that your participants might have different abilities, interests, and beliefs. Make sure it is accessible and does not exclude anyone from actively participating.
- How is our ice breaker interactive? Ice breakers are a great way to help people mingle and step out of their comfort zone. Plan an ice breaker that helps participants spark new connections and relationships.

**What Do You Love?:** Each person states one thing that is non-PTA related that they love. Then others who also love the same thing raise their hands or otherwise gesture.

**Culture Club:** Participants break into small groups and pick three areas of their families' cultural values from a list including traditional foods, typical dress, and what is or is not acceptable in overall appearance, histories, traditions, and holidays that are a source of pride, taboo topics, etc. Each person shares their answers.

**Meet Someone New:** Each person shares what month they were born and finds someone born the same month that they don't know well. What's one other thing they have in common?

**Name Tag:** This icebreaker could be used as an initial get-acquainted exercise. As each participant enters the meeting room, they can sign their name as usual, but present them with a different person's name tag. They should seek one another out and introduce themselves to other participants.

**Name Game:** Everyone's name carries history, fun anecdotes, or familial values. Ask each attendee to introduce themselves then talk about how they got their name or the history behind it. Perhaps they are named after someone specific, or maybe their last name means something in an ancestral language.

**Just By Looking at Me:** This activity allows participants to disclose some personal information that others may not know. The goal is to demonstrate that there is much more to a person than "meets the eye" or what comes out in face-to-face encounters. Form a circle with chairs if participants are able. Pass around the following script on paper: "My name is \_\_\_ and I am from \_\_\_. One thing you cannot tell just by looking at me is \_\_\_." Demonstrate the prompt by filling it in yourself and model the exercise.

**Trivia Game** is a way to spark fun competition between participants, while also providing an opportunity to learn something new. Create a list of 15-20 interesting and fun facts related to the theme of your trivia game. Choose the format you'd like to use to host your trivia game. You can use an online trivia platform to build out your activity for a gameshow effect or take a more traditional approach of using paper or whiteboards. Both options could work in a virtual or in-person setting.

**Guess Who** helps you get to know people in the room through interesting facts without having participants introduce themselves. Have each participant write one or two facts about themselves, either on a piece of paper or have them submit anonymously via email or a google form prior to the meeting. Take turns reading the facts out loud and after each one guess who the fact belongs to. Once the correct person is identified, they can elaborate on their fact and then they will read the next one. Repeat process until all facts have been read.