

# ICEBREAKERS

To promote an inclusive PTA, use icebreakers to have members effortlessly engage with one another. Icebreakers are an enjoyable way for acquainting individuals and fostering a sense of belonging. This approach serves as an excellent kickoff for meetings, initiating participation and introductions before delving into the agenda. When selecting an icebreaker, consider the following factors:

1. **Primary Objective:** Is the main objective, for example, to facilitate better mutual understanding, infuse some enjoyable competition, or provide an opportunity for participants to acquire new knowledge?
2. **Inclusivity:** Meeting attendees usually possess diverse abilities, interests, and beliefs. Ensure that the icebreaker is accessible to all, allowing everyone to actively participate.
3. **Interactive:** Icebreakers excel at encouraging people to mingle and step outside of their comfort zones. Select an activity that encourages participants to establish new connections and relationships.

## Icebreaker Examples:

- **What Do You Love?:** Each person states one thing that they love. Then others who also love the same thing raise their hands or otherwise gesture.
- **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". 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.
- **What's Your Favorite [Food]?:** Each person shares their favorite ice cream or breakfast or whatever type or category of food. This can be used for nonfood items as well. Just ask something simple and easy to identify.
- **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 the trivia game. Choose the format to use to host the 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 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 until all facts have been read.
- **Culture Club:** Participants break into small groups and pick three areas of their families' cultural values 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.

**LOUISIANA PTA**  
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