



What's True for Me?

Rationale: Interactive ice breaker that illuminates commonalities to encourage rapid rapport

Materials:

- Chairs in a circle

1. The facilitator starts standing in the middle of the circle of chairs with everyone else seated.
2. The facilitator explains that they are going to tell the group something that is true about them ***that you cannot tell by looking at them.***
3. If the statement is true about anyone else, they must get up and find a new seat.
4. You cannot move to the immediate right or left of your chair.
5. The person is also looking for a seat so someone will be left still standing. This person now needs to share something that is true about them that you cannot tell by looking at them.
6. A variation after a few rounds is to take out one more chair and leave two people still standing. They must come up with something that is common between them both and then announce it to the group.

Safety Concerns:

Put your hands up palms out to serve as bumpers so that you do not "hockey check" someone out of the way.

Keep your movement limited to walking.

This is not a life and death situation so do not hurt someone in order to not be left standing.

