

MumNet™



Metro Mothers Network

Ice Breakers

Rapid Fire Q & A -

Prepare 3 - 5 questions and ask quick, easy to answer questions and go around the room and ask each person the same question, and then repeat.

SUGGESTED QUESTIONS:

1. If you could work in a circus, what job would you have and why?
2. If you could meet any person in history, what who would it be and why?
3. Mountains? Beach? Dessert? Why?
4. Toilet paper... Over or under, and why?

Two Truths and a Lie -

Take turns sharing 2 truths and 1 lie and everyone else has to guess which one is the lie. Everyone learns something interesting about each other.

What I've Done -

Write down the most interesting job you've ever had and put it in a bowl and then pass the bowl around. When everyone is through, pass the bowl back around and each person will draw an answer and try to guess who it is. The person who wrote the job down gets to share one thing that made it so interesting.

Name Your Talent -

Go around the room and have each person share their hidden talent. If you have some brave souls in the room, ask them to demonstrate that talent for the group. (Lots of fun!)

Tropical Island “MUST HAVES” -

Have the ladies answer the questions, “If you were stranded on a desert island, what 3 things would you absolutely have to have.”

Favorite Childhood Book -

What was your favorite book as a child and why?

Running for Office -

If you were running for office, what would you run for and what would your slogan be?

Favorite & Least Favorite Movie -

What is the name of your favorite movie and why? What is the name of your least favorite movie and why?

Line Up -

Get in groups of five to ten people. First group that gets itself in order according to the category you name, wins. Sample Categories: middle name, shoe size, height, birth date, etc. (Just be sure to pick subjects that people can line up easily.)

Dream Vacation -

Describe your dream vacation. Or, describe the best vacation you’ve ever had.

Circle of Friends -

Great large group icebreaker. Form two large circles (one inside the other) and have the people on the inside circle face the people in the outside circle. Have a list of questions and have the inside and the outside mom in the circle answer one question and then take circle to the next friend. This will allow them to meet each new mom as the circle continues to move very slowly. (Takes about 7-10 minutes)

Finish the Sentence -

Go around the room and have each person complete one sentence like...

- The best job I ever had was...
- The worst project I ever worked on was...
- The riskiest thing I ever did was...
- I am here because...

Birthday Buddy -

Have group of moms go around the room trying to find the person whose birthday (day and month - not year) is closest to theirs. Then have them share 2 interesting facts about themselves with each other.

Stringed Up -

You will need a spool of yarn. The ladies will stand in a circle (5 - 10 ladies) and one will begin by saying something about themselves, such as:

- My favorite color is pink
- I have never had a pet
- I like cold spaghetti

Then, when another person says she, "Me too!" then the person with the yarn will pass the spool to her. She then will share something about herself and pass the spool to the person who says, "Me too!" (If more than one person says, "Me too!" pass it to each one and the last person to get the spool will share a fact about herself.) At the end of the game (5 - 10 rounds), have the ladies count the number of times the spool was passed to them and they can see how much they all have in common.

A Flag for Me -

Pass out paper and have each person draw something that represents one of the following...

- Something they are passionate about (like a sport, a craft, a talent - tennis, beading, guitar), or
- A country your like (where you're family is from or where you want to visit)
- Your favorite food (cupcakes, ice-cream, chips and dip, etc...)
- Something important to you (your family - a drawing of your family, etc...)

Never Have I Ever -

Go around the room and have each woman finish that sentence. Great way to get to know each other.

Left Wall or Right Wall -

Ask the women in the room to all gather in the middle and then ask them to go to the left wall or the right wall based on their preference on a given topic. Here are some examples for you but have fun making up some that might go with the topic of your main part of your session, as well.

- Morning brew? Coffee to the left and tea to the right!
- Toilet paper? Over to the left and under to the right!
- Favorite place to live? Beach to the left and mountains to the right?
- Favorite kind of movie? Comedy/Chick flicks to the left and drama/suspense to the right?
- Morning or night? If you're a morning person, move to the left - if you're a night person move to the right.

A Bowl Full of Questions -

The facilitator writes 15 - 20 different questions on 3 X 5 cards or on small pieces of paper before the group meets together. Then, depending on how many people you have, you will either want to play the game with the whole room or, if it is a large group, you'll want to break up into groups of 10 or so.

Then pass the bowl around and have each woman draw out a question, read it out loud and answer it. You will want to have enough questions so that each woman there will have at least 2 opportunities to answer the questions from the bowl.

Here are some sample questions:

- My favorite place I've ever been is...
- Once upon a time, I...
- The silliest thing I've ever done was...
- My ideal vacation is...
- If my life were a book, I'd title it...