

Ice Breaker & Check-in Options

Let's get to know one another. Your group members might just be meeting each other for the first time, or you might have been meeting together for some time. Either way, we can all take steps to deepen our relationships – ice breakers and check-ins can help.

Below is a list of questions/discussion topics to use to get to know each other. Typically, ice breakers are “getting-to-know” questions, and check-in's are “how-am-I-doing” questions. Both are vital to developing depth in community and relationships. It is important that everyone participates, but that people don't feel pressure – allow people to share as much as they feel comfortable. Model vulnerability and openness in the group.

It is also important that this is only part of your time together – set a time limit. Choose your question(s) and then determine how much time each person will have to share. Tell everyone about the time limit - then set a timer on a phone. This will prevent someone from consuming the entire time. (If people want to talk more they can after the group meeting)

Ice Breaker Questions: Choose 1-2 to ask the group at the beginning of your time together.
(*Twist – answer 1 question for their spouse if applicable*)

1. If you could make the ultimate sandwich, what would be on it?
2. What are your top 3 favorite movies?
3. What TV show would you want to be in?
4. What's the strangest thing you've ever eaten?
5. If you were the ruler of the world, who would be your top adviser?
6. If you had to eat the same meal at least once a day, what would it be?
7. Is a hot dog a sandwich?
8. Tell us about a time you got into trouble at school as a teen.
9. Would you rather fight one horse-sized duck or 100 duck-sized horses?
10. What's the first thing you'd buy if you won the lottery today?
11. Would you time travel to the past or future?
12. If you could attend a dinner with any celebrity, living or dead, who would you choose?
13. What's a skill you wish you had, but don't?
14. If you were a professional baseball player, what would your walkup song be?
15. Can you find the most confusing photo in your camera roll and explain it?
16. Would you rather be 12 inches tall or 12 feet tall?
17. What is your biggest pet peeve?
18. Where's the worst place you've ever gotten lost? (vacation, a road w/o service, etc.)
19. Who's the most famous person you've ever met? Tell us the story of how you met.

20. Looking back at when you were younger, what was your silliest fear?
21. What is your current desktop or cell phone wallpaper? Why did you choose that image?
22. What game show or reality TV show do you think you could win?
23. What popular movie is totally overrated?
24. Would you rather go on a relaxing lake-day or an adventure hike?
25. Would you rather sing karaoke with the head of your department or be on a video call with the CEO and your parents?
26. What's your favorite local restaurant and why?
27. What's the most surprising thing that's happened to you in another state or country?
28. Did you play sports as a kid? Do you play any sports now?
29. What was your first job?
30. What piece of advice from your parents or grandparents do you want to pass on?
31. Do you eat healthy because it tastes good or because you have to?
32. What was your high school yearbook quote?
33. Favorite season of the year? Why?
34. Mountains or beach? City or country? Relaxing or busy vacation? Morning or night person? Pizza or burgers? Ice cream or cake/pie? Spicy or sweet?
35. If you could be an animal, which would you be?

Check-in Questions: Since “check-in” questions are designed to share how someone is feeling they require vulnerability. It is important that the group culture is safe and people don't feel the need to “answer a certain way”. What is shared in the group, stays in the group.

1. High/Low - Each person describes a “highlight” and “lowlight” from their last week.
2. 3 Words - Each person chooses 3 words that describe their last week. They can choose to share as much or little context as they feel comfortable within the time limit.
3. PIES - Using the acronym PIES, each person shares how they are doing. P= physically, I= intellectually, E= emotionally, S= spiritually.
4. Emotions - What emotion(s) are you feeling right now and why? Sad, Angry, Scared, Happy, Excited, Tender. Here is a [link](#) to describe each emotion more.
5. Weather - What is your personal weather status and why? (cloudy, foggy, sunny, etc)
6. Energy - What is bringing you energy and joy? What is draining your energy and joy?
7. Head & Heart - What 4 words would you use to describe where your head is? Where your heart is?
8. Prayer – What prayer have you been praying the longest? What is the context?
9. Change – If you could change one thing in your life right now, what would it be?
10. God – How are you and God? How is your prayer life? How is your Bible reading?
11. What is one thing that is great right now? What is one thing that is tricky right now?
12. How has God shown up for you? Where do you feel like he is silent?
13. Looking to the future (tomorrow, next wk./mo./yr.) What scares you? What excites you?
14. What are your 3 core values in which you operate? (I am frustrated when ____ happens or is broken)
15. What is an aspirational quality/characteristic that you want to develop over the next year?