

ICE BREAKERS FOR ANY WORKSHOP

Start your workshop with ease! These 10 quick and simple icebreakers will spark connection, set the tone, and get your group engaged.

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Ice Breaker Ideas for Any Workshop

Kick off your workshop with a fun, simple activity that breaks down walls and gets participants engaged. These icebreakers work in both in-person and online settings.

1. One Word Check-In
Ask everyone to share one word that describes how they're arriving today (energized, curious, tired, excited).

2. High/Low
Have participants share one recent "high" and one "low" from their week—short and simple.

3. Two Truths and a Lie
Each person shares 2 true things about themselves and 1 lie; the group guesses which is the lie.

4. This or That
Pose quick choices: coffee or tea, sunrise or sunset, crystals or candles. Works well in Zoom chat or by raising hands.

5. Common Ground
In small groups, ask participants to find three things they all have in common (other than the obvious, like attending the workshop).

6. Object Share
Invite participants to grab an object nearby that represents their current mood or energy, then share why.

7. Would You Rather
Playful questions to loosen things up: Would you rather explore outer space or the ocean depths?

8. Emoji Check-In
In virtual settings, have participants drop an emoji in the chat that matches their mood.

9. Speed Introductions
In pairs or small groups, give each person 60 seconds to introduce themselves and answer a fun prompt (like "What's your favorite snack?").

10. Workshop Connection Question
Ask one quick, themed question that ties into your workshop.

- Example: For a creativity workshop → "What's the last creative thing you did?"

Pro Tips for Choosing the Right Ice Breaker:

- Match the Energy Level: If it's morning or your group doesn't know each other yet, start light and low-pressure. If the group is already lively, you can go more interactive.
- Consider Group Size: For large groups, stick to fast, simple activities (like polls or one-word check-ins). For small groups, deeper sharing or games like Two Truths and a Lie work beautifully.
- Keep Time in Mind: An icebreaker doesn't have to be long—2–5 minutes is enough to warm people up without cutting into your workshop content.
- Align with Your Theme: Whenever possible, choose an icebreaker that ties into your workshop topic so it feels intentional.