

# icebreaker

## If...and Why

**Time:** 10-15 minutes, depending on number of students at the session

**Purpose:** To get students to open up and get to know each other a little better. This icebreaker works well when there are some new students, such as the beginning of a new academic year.

**Materials Needed:** Index cards

**Preparation:** Write one "If...and Why" question on each index card (see sample questions below).

Estimate the number of students who will be attending the training session and be sure to have at least one card per student.

### Instructions:

1. Each student should pick a card, without seeing what the question is. If he/she is uncomfortable with the question (and if you have extra cards), he/she may draw another card.
2. Give the students a minute or two to come up with an answer to their question.
3. Going around the room, have each student share the question and his/her answer.

**NOTE:** If some of the students don't know each other, it's helpful to have them give other personal information as well, such as their name, their major, their class year, their hometown, etc.

### Sample Questions:

**NOTE:** Most of these questions are taken from the book *If... (Questions for the Game of Life)*, by Evelyn McFarlane and James Saywell.

If you had to lose one of your five senses, which would you give up and why?

If you could keep only one home appliance, which would you keep and why?

If you were to perform in the circus, what would you do and why?

If you could be a guest on any television talk show, which show would it be and what would you want to be talking about?

If you had to eliminate one odor from the earth, which one would you get rid of and why?

If you had to rename your hometown, what would you call it and why?

If you had to cancel one hour of the day, every day, which hour would you eliminate?

If you could spend a year anywhere in the world, all expenses paid, where would you go and why?

If you could save just one material possession from your home, what would it be and why?

If you could make a sequel to any movie, which one would it be and why?

If you could tell the President one thing, what would you say and why?

If you could "uninvent" one thing in the world so that it would no longer exist, what would you choose and why?

If you could have stopped aging at any point in your life up to the present, how old would you want to remain and why?

If you could live in one time in history other than the one in which you currently live, which time would you choose and why?

If you could excel at one sport, what would it be and why?

If you could eliminate one color, what would it be and why?

If you could create the perfect pet, what two animals would you combine and why?

If you could change one of your habits, what would it be and why?

If you could be a professional entertainer, who would you be and why?

If you could have a superpower, which one would you have and why?

If you could meet a famous person from history, who would that be and why?

If asked to describe yourself in one word, what would you say and why?