Small Group Icebreakers & Relationship-building Ideas

Ice breakers questions can be cheesy and awkward. These questions are 13 of a series of 36 questions developed by psychologists [Arthur Aron, Ph.D., Elaine Aron, Ph.D.](https://news.berkeley.edu/2015/02/12/love-in-the-lab/), and other researchers to see if two strangers can develop an intimate connection just from asking each other a series of increasingly personal questions. These are meaningful, but not overly personal questions to help the group get to know each other. Select one of the questions, and ask each person to answer the same question.

*1. Given the choice of anyone in the world, whom would you want as a dinner guest?*

*2. Would you like to be famous? In what way?*

*3. Before making a telephone call, do you ever rehearse what you are going to say? Why?*

*4. What would constitute a “perfect” day for you?*

*5. When did you last sing to yourself? To someone else?*

*6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?*

*7. For what in your life do you feel most grateful?*

*8. Is there something that you’ve dreamed of doing for a long time? Why haven’t you done it?*

*9. What is the greatest accomplishment of your life?*

*10. What do you value most in a friendship?*

*11. What is your most treasured memory?*

*12. What is your most terrible memory?*

*13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?*

**More Than One Story Game:** <https://www.morethanonestory.org/en/>

More than one story is a card game designed to build bridges between people of all ages, backgrounds, and cultures. Navigate to the website, and click Play. The game will produce a question to ask the group with a next question button when the group is ready to move on. Let each person in the group answer the questions to hear the differences in our story.

**Additional Team Building Activity Ideas for Small Groups:**

<https://teambuilding.com/blog/team-building-for-small-groups>