



## INCLUSIVE HOLIDAY ICE BREAKERS

Ice breakers are a great way to start meetings and events. They encourage engagement and more meaningful introductions before diving into business. However, when planning ice breakers, it is important not to exclude anyone. For example, during the holidays, you might be tempted to host a Christmas carol-themed BINGO at your PTA meeting, but it is likely that some of your attendees do not celebrate Christmas and will not feel as included in the activity.

When you are planning your next ice breaker, ask yourself the following questions:

- 1. What is our main goal with this ice breaker?** When you are planning an ice breaker you must determine whether your goal is to help people get to know each other better, to inspire some fun competition, and/or to have folks walk away having learned something new. Knowing this will help guide the planning and execution of a successful ice breaker.
- 2. How is our ice breaker inclusive?** As you plan your ice breakers, keep in mind that your participants might have different abilities, interests, and beliefs. Make sure that you are planning an ice breaker that is accessible and does not exclude anyone from actively participating.
- 3. How is our ice breaker interactive?** Ice breakers are a great way to help folks mingle and step out of their zone of comfort. Plan an ice breaker that helps participants spark new connections and relationships.

## EXAMPLES OF INCLUSIVE ICE BREAKERS

### Trivia Game

Trivia is a way to spark fun competition between participants, while also providing an opportunity to learn something new. This ice breaker can be played virtually or in person and can have any theme you'd like.

Instructions:

1. Create a list of 15-20 interesting and fun facts related to the theme of your trivia game. If you want to do a holiday theme, remember to think outside the box and include a variety of holidays and traditions!
2. Choose the format you'd like to use to host your trivia game. You can use an online trivia platform to build out your activity for a gameshow effect or take a more traditional approach of using paper or whiteboards. Both options could work in a virtual or in-person setting.

## Network and Learn

Network and Learn is a good activity to encourage people to move around and have meaningful introductory conversations. Participants will have to learn about others in the room to complete the assigned task.

### Instructions:

1. Direct participants to find out one thing that families might do similarly during the holidays, and one thing is unique to another person's family.
2. Have participants disperse into breakout rooms (if virtual) or intermingle within your meeting space for 10 minutes.
3. Come back as a group and have each person share one of the common or unique traditions they learned from their networking experience.

## Guess Who

Guess Who helps you get to know people in the room through interesting facts without having participants introduce themselves. Instead, participants guess whose interesting fact is being read aloud, creating a more fun and playful dynamic.

### Instructions:

1. Have each participant write one or two facts about themselves, either on a piece of paper or have them submit anonymously via email or a google form prior to the meeting.
2. Take turns reading the facts out loud and after each one guess who the fact belongs to.
3. Once the correct person is identified, they can elaborate on their fact and then they will read the next one. Repeat process until all facts have been read.