



THE ART OF

BREAKING THE ICE



Good Ice breaker can completely change
tone of an event or class...

SO tonight...

- Why do them?
- Where to start?
- How to select?
- Examples and resources!

WHY...

- When you feel comfortable & confident you are more likely to participate and get something out of the event
- create a safe space to share thoughts or feelings
- Help create a teachable moment
- Even help participants soften their hearts to the message which helps them to grow!

Where to start

Evaluate your audience

Evaluate your goals

There is no one size fits all Ice Breaker!

Almost never just silly or fun – always has a
purpose

Starts with asking 4 Questions

1. Who are the participants and what do I know about them?
2. What will the participants bring with them?
3. What is the goal of my event/ gathering?
4. What do I need from the participants to reach my goals?

Example for 7/8 grade Confirmation stud

1. Who are the participants and what do I know

- a. Most don't go to church (or pray as a family)
- b. The opinion of their friends is paramount
- c. Attention span is about or less than their grade level
- d. Most don't want to be there
- e. They are tired (school, practice, homework, inhaled dinner or no dinner)



2. What will the participants bring (or not bring)

a. They are apprehensive

b. They don't remember what they learned in the past

c. They are angry/ frustrated/ negative/ forced to go

d. They don't understand why they have to come

(because they don't practice the faith as a family)

3. What are the goals?

a. the big goals... Share the faith...

Prepare them for a sacrament...curriculum

BUT...

b. ***Help them to make our faith their own
and relevant to their lives!

c. ***Lesson's goals...
what do you want them to leave with tonight!

4. What do I need from the kids to be su

a. Participation?

b. Pay attention?

c. Small group discussion?

d. Be open minded?

e. Be ready to pray?

How to select...

First 2 questions allows you to meet your participants for who they are and where they are...NOT where you think should be!

Questions 3 and 4 focus you on your goals for the event/ Class

How to select...

- Give everyone a voice
- Ask questions that are “safe” to share
- Help everyone feel comfortable
- set the tone
- point toward the goal... teachable moment
- Competitions and prizes help!

NOTES...

- **Always participate and model the desired response...
- ***Let the next person (after the leader) know they are first!
- ***Let someone say “come back to me”
- ***never do anything that would be embarrassing unless someone volunteers.

The background is a close-up photograph of a piece of clear, blue-tinted ice. A sharp point of impact has broken the ice's surface, creating a complex network of jagged, star-like cracks that radiate outwards from the center. The lighting highlights the texture and transparency of the ice.

ICE BREAKER

EXAMPLES

Ask Simple Safe Questions



Use as a teachable

Lg Grp "meet new ppl"

Cup Simon



Teambuilder... Balloon Tower



LENN

QUIZ

Where to find Ice Breakers

www.dioceseoftrenton.org/youthresources

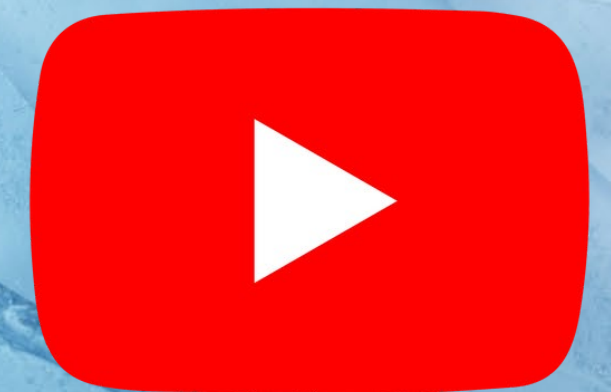


Google

TikTok



ChatGPT



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Q&A

