

Theme: Connections

"What I Bring" Group Icebreaker

Objective:

Participants build connections by learning about more about each other and discover unique experiences, skills, and talents each person brings to the group.

Materials:

- Dried kidney beans (or similar small objects)

Activity Description:

- Form small groups (~5 people)
- Groups sit in a circle
- Each person is given 15 beans
- Group members try to collect beans by describing their abilities, talents, interests, or unique experiences (*ie: able to wiggle ears, writes songs, plays the electric bass, ran a 5k, can recite a famous poem, can kick a 20 yard field goal, etc*) Remind participants that everything they say must be true.
- How to collect beans: after someone shares a unique activity/ability, each group member who has NOT done that activity or doesn't have that ability must GIVE that person ONE bean
- Group members take turns listing their unique experience and abilities until everyone has shared 10 times
- Ask participants to report how many beans they collected. Optional: Ask the person with the most beans to report on different unique abilities or activities mentioned by their group members

AOP (select as seem appropriate for the moment/group):

- What happened?
- What was it like trying to list things no one else had done?
- What was it like listening to what people listed?
- If not shared earlier: What were some of the unique experiences or abilities people shared?
- Were there any surprises?
- What connections did you make with each other?
- What do you know now about someone that you didn't know before?
- What did you have in common with others?
- What would you like to know more about?
- How do the shared experiences and abilities add strength to our group?
- How do the unique experiences make our group stronger?