

Icebreakers are discussion questions or activities used to help participants relax and ease people into a group activity or learning situation. They are great for learning group member's names and helping students feel at ease with potentially difficult topics. Some of the benefits of icebreakers are listed below:

- Create a positive group atmosphere
- Help people to relax when introducing difficult topics
- Break down social barriers
- Energize and motivate
- Help people to think outside the box
- Help people to get to know one another

Whether it is a small group or a large classroom session, most people want to feel that they share some common ground with their fellow participants. By creating a warm and friendly personal learning environment, students will be encouraged to participate and learn more.

Be creative and design your own variations on the ice breakers you find here – adapt them wherever you can to the topic or lesson that you are introducing.

All time scales and group sizes provided are flexible and can be adjust accordingly. While most of the icebreakers provided below are aimed at high school students, they could be adapted to be suitable for different ages of students. Wherever possible, icebreakers should take place in a circle. But most importantly, they should be fun!

<http://www.soc.ucsb.edu/sexinfo/article/sex-education-icebreakers>