

## Icebreakers & Engagement Strategies for Facilitators

### Why Icebreakers Matter

The first few minutes of a session **set the tone** for participation. A well-placed icebreaker helps participants **feel comfortable, engaged, and ready to contribute**. This guide provides **quick and effective strategies** to build connection and encourage interaction.

## 1. Quick & Effective Icebreakers

Icebreaker Name	How It Works	Best For
<b>One-Word Check-In</b>	Each participant shares one word that describes how they feel coming into the session.	Building rapport and setting the emotional tone.
<b>Two Truths &amp; a Lie</b>	Each person states two true things about themselves and one false one; others guess the lie.	Encouraging interaction and getting to know each other.
<b>Would You Rather?</b>	Pose a fun or thoughtful "Would you rather" question and have participants choose.	Energizing the group and breaking the ice.
<b>Common Ground</b>	In pairs or small groups, participants list as many things as they have in common within 2 minutes.	Strengthening connection and team-building.
<b>Show &amp; Share (Virtual Friendly)</b>	Participants share an object on their desk that represents them and explain why.	Creating a personal connection in virtual spaces.

## 2. Keeping Engagement High During the Session

- ✓ **Ask Open-Ended Questions** – *"What's one key insight from this discussion so far?"*
- ✓ **Use Polls or Reactions** – Quick **thumbs-up, emoji reactions, or chat prompts** keep energy levels up.
- ✓ **Break into Small Groups** – Encourage more voices with **breakout rooms or**

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**small discussions.**

- ✓ **Use Movement (If Possible)** – Stand-up check-ins or stretch breaks help **combat Zoom fatigue.**
  - ✓ **Switch Up Formats** – Rotate between **discussion, personal reflection, and interactive elements.**
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### **3. Managing Low Energy or Disengagement**

- ✓ **Acknowledge the energy shift** – *"It feels like we're losing a bit of momentum—let's do a quick reset!"*
  - ✓ **Use a Fast-Paced Activity** – Try a **lightning round** where participants answer in one sentence.
  - ✓ **Change the Discussion Style** – Introduce **storytelling, role-play, or a new prompt.**
  - ✓ **Take a Mindful Pause** – Give the group **30 seconds of quiet reflection** before continuing.
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#### **Final Thought**

Icebreakers and engagement strategies **aren't just for fun**—they help create **an open, participatory atmosphere** where everyone feels comfortable contributing. A great facilitator **adapts engagement techniques** to fit the energy and needs of the group.