[](https://ruraloutreach.ruralinstitute.umt.edu/)

# Icebreaker List

This list was adapted from the [Healthy Community Living (HCL) program](https://healthycommunityliving.com/hcl/).

1. What is your favorite season and why?
2. What, if anything, are you most looking forward to over the holiday season?
3. What fictional world or place would you like to visit?
4. What is your favorite mythical creature and why?
5. Name a few of your favorite things
6. What’s your favorite dessert?
7. What’s something new you are doing, or you learned this week?
8. How do you stay productive and motivated when you are working from home?
9. Would you want to live in the ocean or on the moon?
10. What is your favorite day of the week, and why?
11. If you had a time machine, would you go back to the past or into the future?
12. What is your favorite food?
13. What is your favorite time of day and why?
14. What would your superpower be and why?
15. What sport would you compete in if you were in the Olympics?
16. If you could choose a national holiday, what would it be and why?
17. What are two things you consider yourself to be very good at?
18. Where is your favorite vacation spot?
19. If you could live anywhere in the world for a year, where would it be?
20. Do you enjoy the outdoors? What’s your favorite outdoor activity?
21. What is your favorite breakfast food?
22. Share a success you had this week
23. What is your favorite sandwich?
24. If you were a plant or flower, what would you be?
25. What is one of your favorite ways to spend your free time?
26. What is the most interesting place you have ever visited?
27. What is your favorite snack?
28. What is something interesting or new you learned recently?
29. What’s the worst job you have ever had?
30. What is your favorite form of creative expression?
31. What are you doing to promote mental health for yourself and the people around you?
32. Share one thing you love or that brings you joy every day
33. What is your favorite “taking a break” activity?
34. What is your favorite self-care activity?
35. Would you rather go to a picnic or a concert, and why?
36. What is a little-known fact about you that you would be willing to share with the group?
37. What is your favorite way to beat the summer heat?
38. What is your favorite vegetable and why?
39. What is your favorite fruit and why?
40. What is your favorite Holiday and why?
41. Do you prefer coffee or tea? Why?
42. If you could be invisible or fly, which would you be and why?
43. If you could pick a superpower, what would you pick and why?
44. A rose (positive) and a thorn (negative) about your week
45. What are you watching/reading/listening to right now?
46. If you could be an animal, what would it be and why?
47. What was your first concert experience
48. What is your favorite emoji?
49. Would you rather travel to only mountain or ocean destinations?
50. What’s the weirdest thing in your closet?