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**Options for icebreakers and introductions of participants on virtual retreat.**

1. Flash card with a question (hold 5 up and have a participant choose a number (1-5) and that is there question. Keep adding questions when one is taken to keep it at 5 choices.
2. Atmospheric check – 1-10 as to comfort level
3. Fascinating facts – each person share one fascinating fact about themselves (rather than just everyone saying where they are from) and keep going around.
4. In advance the presenter can align the cities everyone is from and share that with the group prior to ice breaker as part of introduction. Could have a map if the group was spread out so all could see the locations.
5. Could do something with ‘choose a color’ that is your favorite and why? Or a color that expresses your life, or …
6. Could do the same with an animal – personality of animal or animal power you have.
7. Could do something around – family size – how many are alone, married, children etc. As a beginning point of sharing background.
8. Could add on the application some categories to share besides location. Could be family size, gender of children, ages, favorite book or a quote etc. These could all be discussion starters.
9. Could also do a WORDLE of a discussion and see the ‘whole group’ and send it to everyone.
10. Could also do an online video/ppt and do a virtual ‘weaving’ or ‘ string’ connections. Therefore, each time a person speaks another color string is connected. In the end we have the string affect and can be printed or email to everyone to have each meeting.

Created by:

Bobbi Bussan RBussan@smmsisters.org

Michele Reed michelemreed@gmail.com