

Ice-breakers can serve many purposes: to introduce participants to each other, demonstrate diversity of experiences, build connections, set the stage for interactions among others.

Activity	How	Notes
Take a picture <ul style="list-style-type: none"> <li>- View outside your window</li> <li>- Object in your favorite color</li> </ul>	Share the picture and tell the story in a break out session	Moderator can make a slide show or collage for later in session
Tell an embarrassing story from a virtual training/meeting	Tell the story in a break out session	Effective with participants who share a similar training background
New activity or something you have learned during pandemic	Describe activities in large or small groups	
5/5/5. 5 minutes, in breakout group of 5 people, gather a list of 5 things	1 thing only one person has done/experienced (i.e., 1 person was born outside the US) 2 things two people have done (i.e. 2 people graduated from UPenn)	
Virtual scavenger hunt	In small teams, participants take pictures of things inside their houses to complete a scavenger hunt	Teams can build a collage and share with larger group
Fantasy Dinner Party	Participants name 3 people alive or dead you would invite to the best dinner party of all time	
Time Machine / Pandemic-proof Machine	Participants choose a place and time they would go and share why	
Virtual Fashion Police	Using a live polling app, such as Poll Everywhere, ask the question: "Hand on your heart, are you wearing PJ's right now?" <ul style="list-style-type: none"> <li>• Business on top, PJ's on bottom</li> <li>• I literally took them off a minute ago</li> <li>• 100% Yes!</li> <li>• Never!</li> </ul>	
Rotating Intros	Create a PPT with participant's information and a personal fact and have it set on auto advance. Log into your virtual session early and post the deck so participants can see it when they arrive.	

Have an icebreaker idea to add to the list? Email: [Jennifer.rader@penntestmed.upenn.edu](mailto:Jennifer.rader@penntestmed.upenn.edu)