



## Icebreaker Activities

**Getting people comfortable and ready to talk sometimes requires help. If you're looking for icebreaker activities to get the conversation flowing during support group meetings, here are a few ideas to get you started:**

**Ask participants to share their name, pronouns\*, and...**

- What brought them to your support group
- What they hope to take away from your virtual meeting
- One word to describe how they're feeling
- An example of how they're practicing self-care
- Something that is frustrating them
- Something that is making them feel better

\*Remember that sharing pronouns might be new for some people at your meeting. As the icebreaker leader, be sure to take a moment and explain why you're sharing your pronouns as part of your introduction so people have context.



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