

ICEBREAKERS FOR VIRTUAL MEETINGS



Meetings got you down? Give icebreakers a try! Icebreakers can help foster connections among participants, create energy for discussions, enhance learning, and even help to manage conflicts. They encourage engagement, trust, and collaboration, making meetings more productive and enjoyable experiences for everyone involved.

1

ABC Scavenger Hunt (1-5 minutes)

Have the host select three random letters from the alphabet. Give participants 30 seconds to find something in their surrounding area. You can have the host pick again or even have participants take turns picking alphabet letters. The rest of the team will then rush to grab one thing that starts with each letter. You can have this activity be team based, focus on a theme or an upcoming holiday.

2

Theme Background (1-5 minutes)

Have participants use virtual backgrounds related to a specific theme, such as favorite travel destinations, book covers, or movie scenes. They can explain their choice when sharing their background. Consider having this sent out in advance so participants can have time to find something related to the theme.

3

Trivia Questions (5-10 minutes)

Select a set of questions that align with the interests and preferences of your group and the overall tone of your gathering. Pose the trivia questions one by one (i.e. verbally, on the screen, or with a poll). Allow participants a moment to contemplate and record their answers. Encourage participants to share their responses.

4

Two Truths & a Lie (5-15 minutes)

This is great for a small group activity. Have participants take turns sharing two true statements about themselves and one false statement. If this is a reoccurring meeting, you could highlight one person each time. Another option would be to utilize a zoom poll to add a different dynamic to it.

5

The Baby Game (5 minutes)

Ask all participants to send you their baby photos (preferably from when they were less than three years old). Upload all the images in a shared document and let the participants take a look. Have everyone vote and see if they can guess correctly. Another option is to consider having everyone upload their baby photo as their profile photo when their camera is off. Remember to remove your name as well.