

3 Item Descriptions – Ice Breaker Activity

Purpose/Benefits:

The general purpose of this activity is to acquaint the group members with one another. It forces the members of the group to be creative and share a little about themselves with the rest of the participants.

Energy Level:

Low/Moderate – Movement is not mandatory. The amount of participation is completely up to the group members.

Settings/Materials Needed:

It would be helpful to have the members seated in a circle so each individual can make eye contact. Each individual's wallet, purse, backpack, etc. can be used.



Method:

Each person will describe themselves through three items in their wallet, purse or backpack. One person might have a picture of their family, a twenty-dollar bill, and a special coin in their wallet. All are encouraged to participate. It may be helpful to have the participants describe their three items from their wallet in some kind of order. As the facilitator go first to model the activity.



Example:

1. A picture of their family may mean that family is important to them
2. A twenty-dollar bill may be used to show aspiration to achieve wealth
3. A special coin may have come from a family that they look up.