

Icebreakers for Varied Myers Briggs Types

Introverted Examples

Icebreakers that build in writing and reflection before conversation.

Extraverted Examples

Icebreakers that prioritize movement and socializing.



Key to Success

- Provide a printout of an outline of a key OR each team member can draw a key that's large enough to write on.
- Write your "keys to success" in your role.
- Stand up, find a partner, and share.



Long Lost Friends

- Everyone mingles. When the facilitator gives the signal, everyone should stop and choose a partner, preparing to enact the proposed scenario that the facilitator calls out.
- Scenario Example: Your partner is a great friend that you haven't seen in 5 years.
- Scenario Example: You're pretty sure your partner is famous.
- Or make your own scenario!



Facts in a Hat

- Everyone writes down one interesting question to get to know someone.
- Put the questions in a hat (or other container).
- Everyone chooses a question out of the hat and shares with the rest of the group. (Or break into pairs to share.)
- Answer the question(s).



Create a Handshake

- Team members find a partner, and create a handshake together (like baseball players or Fresh Prince & Jazzy-Jeff, etc).
- When every pair has a handshake, the facilitator should have team members do a "wave" and share their handshakes quickly, one at a time, with the whole group.