



Icebreakers

60-second life story!

- Individual
- Pairs
- Small group
- Whole group

Uses: To quickly get to know each other.

Resources: None or 60-second timer, if you have one.

Time: 10-15 minutes.

What to do:

1. Explain the activity saying that each person will have only one minute to tell their life story to the other. They need to think of about five main points e.g. where and when they were born; their family; where they go to/went to school; key moments in their life such as accidents; illnesses; relationships; jobs; holidays etc. Explain that they only have to reveal as much or as little as they wish.
2. Give a few minutes for each person to think about and plan what they are going to say.
3. In the pairs, decide who will speak first. If you are using a timer, give a signal for the start. Only one person speaks at a time – the other person must show good listening skills.
4. Repeat the process so that the other person can speak.
5. Now ask the pairs to quickly review what was said.
6. Change pairs and repeat as time allows.

Make it different:

- After a few rounds you could return to the original pairs and ask people to introduce each other around the circle.
- Do this repeatedly over a few sessions until everyone has spoken to everybody else.
- Do this in an active way and allow the pairs to go for a short walk while they are talking. Allow one minute for the outward journey and one minute for the return.

Points to make:

- It is interesting to note how much we choose to reveal of ourselves and how this depends on how comfortable we feel within the group.
- Do the participants notice an easing of anxiety, the more they repeat their story?
- Was it easy or difficult to limit yourself to one minute or did you find yourself struggling for things to say?

