



## Icebreakers

# Two truths and a lie

- Individual
- Pairs
- Small group
- Whole group

**Uses:** A bit of fun and laughter and at the same time participants get to know a bit more about each other.

**Resources:** None.

**Time:** 5-10 minutes.

### What to do:

1. Ask everyone to think of two things about themselves that are true and one which is not.
2. In small groups, ask people to reveal the two truths and a lie and then the rest of the group tries to decide which is which! Obviously no one will know if all three are lies! But it allows members of the group to share things about themselves in a safe, fun way.

### Make it different:

- Use a 'spin the bottle', or some other mechanism for choosing who will go next. Whoever's turn it is has to give a fact about themselves, which could be the truth or a lie. The others have to guess which it is.

### Points to make:

- The more we get to know people and feel comfortable with them, the more likely we are to actively engage in the learning that follows. This is because a part of our brain, our amygdala is always alert to strangers; once a person is no longer a stranger our amygdala relaxes and allows us to re-focus on what else is going on.