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## High, Medium Low Risk Icebreaker

This icebreaker challenges you to get to know each other with questions of varying deepness.

Ask participants to specify whether they would like a Low, medium or high question. Then tell them to pick a number between the range in that category.

### Low Risk (1-17):

1. Name a place you have seen that you feel is beautiful.
2. What was one of the best days of your life?
3. Where do you most often go when you want to be alone?
4. What is the most adventurous thing you've done in the past few years?
5. Name the group where you felt happiest, most integrated, most accepted.
6. What activities do you do well?
7. Where do you feel most at home (other than home itself)?
8. What is the greatest success in your life (so far)?
9. What events (cultural, societal, media) have positively influenced you?
10. Who is your best friend?
11. What is your favorite food?
12. How do you relax?
13. What is your favorite book?
14. What is your favorite movie/TV show
15. Who is your favorite singer/favorite type of music?
16. What is your favorite childhood memory?
17. What is your greatest pet peeve?

### Medium Risk (1-15):

1. Who is someone, whether living or dead, fictitious or real, met or unmet, that you really respect or admire?
2. Tell a time when you felt you made a very important decision.
3. Who are the three most influential people in your life?
4. What are three words you would most like said about you?
5. What are the five values you hold highest?
6. What are your political party beliefs?

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7. What are your beliefs on religion and spirituality?
8. Who are teachers/counselors/coaches that had a significant influence on your life in your grade school years?
9. Who are teachers/counselors/coaches that had a significant influence on your life in your high school years?
10. What is your favorite quote/inspirational message?
11. What skill do you wish you had?
12. Have you ever volunteered? What is your most significant volunteer experience? If you haven't, what could you see yourself volunteering for?
13. Would you rather someone be honest and hurt your feelings or lie to protect them?
14. If you could live in a movie, which one would it be and why?
15. What is something most other people don't know about you that you wish they did?

## **High Risk (1-24):**

1. Who is the person who brings you happiness or joy, makes you smile, almost every time you see him/her/them?
2. Name the first person with whom you ever fell in love.
3. Name three people (outside your immediate family) that you love (use your own definition of love.)
4. What life lessons have you had to learn the hard way?
5. Tell about your experience in confronting someone on inappropriate behavior or language.
6. What would you do if you had one year left to live?
7. During what year did you experience the greatest amount of personal growth; that is, what year was the most significant in terms of your development?
8. What is the most challenging thing you've had to do?
9. If you could do anything, besides what you're doing now, what would you do?
10. Do you believe in any conspiracy theories (no judgment)?
11. What is your greatest fear?
12. If you could relive one moment in your life, which would it be?
13. What is your most embarrassing moment?
14. How would you most like to be remembered?
15. What's the scariest thing you've ever done, and why did you do it?
16. What is your greatest regret?

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17. Name one time you experienced a great deal of peer pressure.
  18. If you could do anything over again, how would you do it differently?
  19. How have you boosted someone's self-esteem?
  20. What is your relationship like with your immediate family?
  21. If you had three wishes, what would they be?
  22. Tonight you can do anything you want, no penalties, no reprisals, the cost is unimportant.  
What will you do?
  23. If you could change one thing about yourself, what would it be?
  24. Describe the best or worst date you've ever been on.