

Question(s) of the day

These questions can be used as ice-breakers or conversation-starters to enable your group to become better acquainted. The questions can be used in several ways:

- ❖ Number the questions. Place cards into a basket with numbers on them. Invite participants to draw a number and then respond to that question. If someone really doesn't like a question, they may draw again!
- ❖ One or two questions can be posted on newsprint. As retreat participants arrive, invite them to write their answers on the newsprint. During the course of the retreat, the group can discuss the responses together.
- ❖ The questions can be used in a "speed-chat" format. Divide participants into two equal lines facing each other so that everyone has a conversation partner. Read one question out loud and invite each pair to discuss it for 60 – 90 seconds. Ring a bell or clap your hands to stop the conversations. Invite one line to stay in place while the other line shifts one place to the right so that new conversation pairs are formed. This exercise can also be enjoyed seated.
- ❖ If the group will be meeting regularly, choose one question as a conversation-starter for each gathering.

Questions:

- If money was no issue, what would you do all day?
- What do you need to hear this week?
- What surprised you most this week?
- Today I just want to ...
- What movie quote describes your past, present, or future...?
- What is the kindest thing someone has done for you lately?
- If you could go anywhere in the world right now, where would you go?
- What advice would you give your younger self?
- What lesson have you learned this year?
- What good news have you received lately?
- List 2-3 adjectives that describe what you believe about yourself.
- What do you wish people could know about you by just looking?
- If you could do anything without worrying about judgment, what would you do?
- What is a favorite activity on a snow day?
- You are sent to live on an island by yourself. You can bring along 3 objects (not people). What do you bring?
- What is your favorite song right now?
- If I only have an hour of free time to spend, I will ...
- Where did you live when you were 10 years old? Did you like it?

- When (and where) are you your most authentic self?