



CLASS 1 | MAKE NEW FRIENDS WORKSHEET

TBH “Make New Friends” Icebreaker Exercises

DIRECTIONS: *Use the following exercises for your “Make New Friends” class.*

“One Thing Few People Know About Me” Exercise

Have the group take turns and share one fact about themselves that they haven't told many other people or that may be surprising to the group.

“Getting to Know You” Exercise

- Break the group into pairs, making sure each person is with someone he or she doesn't already know.
- Have each pair ask each other the following questions:
 - Where did you grow up?
 - What was your first job?
 - What's your favorite activity?
 - What's your best characteristic?
- Have each pair introduce each other to the group based using that person's responses to the questions.

“When I Was a Kid” Exercise

Have each participant share a favorite childhood memory with the group.