



CLASS 1 | MAKE NEW FRIENDS

Worksheets

- **TBH “Make New Friends” Icebreaker Exercises.** Use the exercises in this worksheet in class to help the class members get to know each other better.

Resources

Here are some additional resources for “icebreaker” games.

- [40 Icebreakers for Small Groups \(Grahame Knox\)](#)
This is an excellent e-Book with many icebreakers that can be used in daily life, outside of a formal group setting. For instance, the questions suggested in the “question web” or the “if” activity are applicable to conversations with people you don’t know well.
- [Fun Games, Icebreakers, and Group Activities \(University of Notre Dame\)](#)
The University of Notre Dame’s Division of Student Affairs website offers a pamphlet entitled *Fun Games, Icebreakers, and Group Activities*. They offer a wide variety of excellent icebreakers that can be used in a variety of group sizes and situations.

Additional Materials

You may find these articles useful in fostering discussion for the “Make New Friends” class.

[Why is it Hard to Make Friends Over 30? \(New York Times, July 13, 2012\)](#)

[You’re Not Alone: Making New Friends as an Adult \(Huffington Post, March 14, 2013\)](#)