

# Ideas for Icebreakers

- 'I'd like each of us to share something new that we've learned this week.'
- 'What nice thing has someone else in the family done for each of you?'
- 'What's the funniest thing that's happened to you this week?'
- 'What is the best thing about each of us?'
- 'Here's what I've been reading this week.' Add your feelings on what you've read.
- Ask family members to share a good joke they've heard this week.
- 'What makes you really happy?'
- 'What are the 3 most important things in everyone's life?'
- 'What's your biggest achievement of the week?'
- 'What did you do this week that required courage on your part?'
- 'What's the most fun thing you've done this week?'
- 'What self-improvements have you decided to make this week?'
- 'Who have you met this week and what did you like about them?'
- 'What have you learned from others this week?'
- 'What's your take-away moment from this week?'
- 'What's one of your bad habits and what could you do about it?'

## Ideas for Anchors

- 'Tell us about a time it was very difficult for you to be honest. Or very easy.'
- 'What's the hardest decision you've ever made?'
- 'What's the worst decision you've ever made and what have you learned from it?'
- 'What do you want me to do next week about my behaviour or the decisions I've made today?'
- 'What do you want to do differently next week about this behaviour of yours or what decisions do you want to make?'
- 'What do you want to do but are too afraid? Tell us one thing you're afraid of.'
- 'What are my expectations from the authorities and how can I deal with them?'
- 'What's your purpose in life and how do you know that?'

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