

Get-To-Know-You Program 12 people (30 mins)

1. [Spectrums](#) – intriguing, passive get-to-know-you better exercise
2. [Ice-Breaker Question Exchange](#) – simple partner sharing exercise

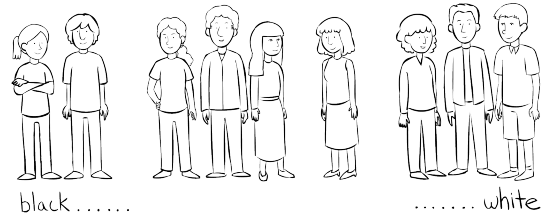
Props - set of 'Ice-Breaker Question Exchange' cards

Step-by-step instructions for each of these activities are provided below.
To view video tutorials, practical leadership tips & popular variations, click the links above.

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1. Spectrums (15 mins)

1. From your group's perspective, establish an imaginary line which extends between two ends of a spectrum.
2. Explain that in a few moments, you will pose a series of scenarios (see below).
3. In response, everyone is invited to stand at a point along the line, between the two ends of the spectrum, which best reflects their opinion.
4. Introduce your first scenario, inviting people to choose their positions.
5. If you wish, invite individuals to share with people close to them.
6. Repeat process several times.



Here are a few **sample spectrums** to start with, then make up a few of your own:

- Your exercise regime – never to several hours a day
- Job preference – totally indoors to totally outdoors
- Car security – never lock your car / home to always lock your car / home
- Preferred group role – leader or follower
- Preferred landscape – mountains to sea
- Time of year born – January to December
- Favourite taste – savoury or sweet

2. Ice-Breaker Question Exchange (15 mins)

1. In advance, prepare a set of 'ice-breaker' type questions on a series of index cards (see below for sample questions).
2. Distribute one card to each person.
3. Ask your group to form into pairs.
4. Explain that each person will ask their partner the question on their card, to which they will respond.
5. After each person has shared, the cards are swapped, and they each seek a new partner.
6. Repeat this process many times.



Here are a set of **sample ice-breaker type questions**. Add to this list by developing a number of your own questions, or download the full set of *Print+Play Ice-Breaker Question Exchange* cards from the [Resources](#) tab connected to this activity.

- What do you like most about where you live?
- What was your favourite book as a child?
- What's your favourite song or piece of music?
- Have you ever cried in a movie? If so, what movie?
- What's the best holiday you've ever had?
- What's been the best day of your life so far?
- If you won a million dollars, how would you spend it?
- What's your most precious possession?
- How do you relax?
- What's the best, worst or funniest job you've ever had?
- What really exciting thing would you like to do?
- What's your favourite food?
- What's the best surprise you've ever had?
- What's your most memorable achievement in your life so far?
- Who is one of your favourite national identities?
- What would you like to do more of?
- What's the ideal dream job for you?
- Name one thing you miss about being a kid?
- If you could have an endless supply of any food, what would you get?
- If you were an animal, what would you be and why?
- What is one goal you'd like to accomplish during your lifetime?

When you were little, who was your favourite super hero? Why?

Where in the world have you been that you would describe as paradise?

What's your favourite thing to do in the summer?

What is your most vivid memory of being injured as a kid?

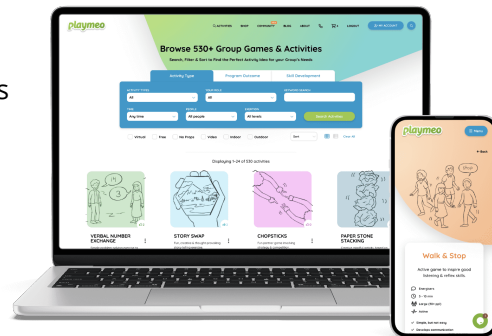
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