

## KICKOFF EXERCISE

### Introduction Interviews

Put participants in pairs and let them interview each other. Give them five minutes to learn about one another's background, professional experience or passions.

Then do the introduction round, but this time let the interviewer introduce the interviewee. The intros then look something like this:

This is Peter; he lives and breathes technology. He built his first robot at the age of 5. He's now working as an innovation lead. He also loves skydiving.

### Two Truths and a Lie

This icebreaker works well both for small groups and large audiences. The main idea is that people are asked to share two true and one false fact about themselves and the audience guesses which one is the lie.

### Would You Rather?

Go around the room and ask each person if they'd rather do X or Y. To keep things interesting, switch it up for every person. Here are a few ideas:

-Would you rather be without Internet for a week, or without your phone?

-Would you rather be too hot or too cold?

-Would you rather go deep sea diving or bungee jumping?

### Sit Down If

A perfect game for large groups - this one involves everyone standing up and staying standing until a statement that is true for them is read out. If you prepare well, this game is an absolute winner.

### My Name Is

Have each person introduce themselves by choosing an adjective that starts with the same first letter as their name. For example, Adventurous Allen or Clever Carol. (This one's particularly good if you have a large group and are pressed for time.)

### Speed Dating

Have people chat one-on-one for two or three minutes. Then when the time is up, have them move on to someone else. The benefit here is that they get to meet several people in a short period of time.

| PROS  | CONS  |
|---|---|
| <p>Not only will you make the introductions less stiff, but you will also help people to connect.</p>   | <p>Takes more time as you allow time for interviewing and then for introductions.</p>                       |
| <p>Forces Audience to be Engaged, Quick (no prep time), Fun, Sets Mood</p> <p>Can be paried with a more thoughtful question (e.g. What are you really good at helping people with at AP?)</p> | <p>Dependent on leader to quickly poll the audience, requires prep time for participants</p>                |
| <p>Easy, Quick (no prep time), Fun, Sets Mood</p> <p>Can be paried with a more thoughtful question (e.g. What are you really good at helping people with at AP?)</p>                          | <p>Superficial</p>  |
| <p>Simple, Interactive, Game</p> <p>Can use between introductions to keep the spirit up.</p>  | <p>Participants don't speak or interact in this activity, hard to estimate how much time this will take</p> |
| <p>Simple, Insightful, Quick</p> <p>Should be used in collaboration with another activity.</p>  | <p>Too simple on its own</p>  |
| <p>Easy, Personal Connections, Social</p> <p>Can be integrated with other acitivities (e.g. My Name Is, Two Truths and Lie)</p>   | <p>Not everyone gets to meet everyone</p>   |