



## 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.