Icebreaker Menu

Sixteen short openers for counseling groups. Star 3 picks for this group.

Name: _____ **Date:** _____

Name / get to know

- ☐ Name and one favorite (color, snack, animal)
- ☐ Soft toss: say a peer name, then toss
- ☐ Two truths and one preference (no lies)
- ☐ Find your match cards, then share names

Feelings check-in

- ☐ Weather report: sunny, cloudy, stormy, windy
- ☐ Number scale 1 to 5 (fingers only)
- ☐ Color check-in (point, optional one word)
- ☐ Feelings card pick (share or keep private)

Movement

- ☐ Stand if... (low risk preferences only)
- ☐ Move to a preference corner and greet one peer
- ☐ Silent line up by birthday month or first letter
- ☐ Mirror moves: 10 second silent leader

Cooperative

- ☐ Keep the balloon up for 30 seconds together
- ☐ One story, one sentence around the circle
- ☐ Build a paper bridge that holds a toy car
- ☐ Kind human bingo (no race for first place)

Star 3: write your picks here: 1) _____ **2)** _____ **3)** _____

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Session Opener Plan

Plan the first 10 to 15 minutes before the skill lesson.

Name: _____ **Date:** _____

Group goal for this session:

_____

_____

Icebreaker / opener I will use:

_____

_____

Materials

_____

_____

_____

Seated alternative ready? Yes / No

Time box

Minutes planned: _____

Start: _____ **End:** _____

Timer set? Yes / No

What success looks like:

_____

_____

_____

Reflection after group (for my notes):

Who opted out or needed more structure?

_____

Who may need a private check-in before next time?

_____

What will I change next session?

_____

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Feelings Check-In Cards + Tracker

Cut the cards for group. Track which opener you used each day.

Name: _____ **Date:** _____

Feeling prompt cards (cut apart; students may share or keep private):

Sunny	Cloudy	Stormy	Windy
I feel bright or okay today.	I feel unsure or a bit low.	I feel upset or overloaded.	I feel restless or buzzy.
Share or keep	Share or keep	Share or keep	Share or keep

Calm	Tired	Proud	Worried
I feel steady and ready.	I need a slower start.	Something went well lately.	Something is on my mind.
Share or keep	Share or keep	Share or keep	Share or keep

Weekly opener tracker (write the activity name):

Mon	Tue	Wed	Thu	Fri
Opener:	Opener:	Opener:	Opener:	Opener:

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