

# Meeting Sharing Prompts/Icebreakers

- When was the last time you did something for the first time?
- What is something you're feeling thankful for and why? What dish makes a family dinner complete?
- What is a piece of art that you enjoy or find moving?
- Would you rather have an all-expense-paid year-long vacation to Europe OR an all-expense paid 30 minutes on the moon?
- What was the last animal encounter you had?
- Where would you like to train (visit) once we can travel again?
- Do you eat mac and cheese with a spoon or fork?
- Do you eat spaghetti on a plate or in a bowl?
- What is something "squishy" or hard you're dealing with right now?
- What is the most beautiful thing you've ever seen?
- What is your go-to breakfast?
- Do you have any nicknames? What/who gave them to you?
- What's your personal weather report look like today/this week?
- What is something you would tell your younger self?
- Themed charades
- What can we as a company do to meet this moment?
- How are you REALLY feeling?
- Who is a mentor for you? What do you look for in a mentor?
- Start the meeting with a 10-15 minute walk, then open with a question.
- What's the best compliment you have ever received?
- If you could relive any six month period, which would it be?
- Zoom scavenger hunt: find something that represents what you are grateful for, and share out about it.
- Where is your favorite place to go for a walk or relax?
- It takes 21 days to create a habit. What habit would you like to create?
- Have a member of your family or group read a book out loud, and each share your favorite part.
- Would you rather... (pair up two people and ask random would you rather questions)
- Body Scan meditation. Following the scan, what did you notice?
- What's your favorite meal? What will be your first meal outside Safe at Home?
- When has someone's hospitality touched your life or made you feel a sense of belonging?
- Where do you feel a sense of belonging, and what is some evidence of that belonging? (Could be a photo, memory, trinket, etc.)
- When did you last laugh SO HARD?
- What's something you are good at?
- Here are the [12 virtues of the Lakota Tribe](#). Pick one and tell us about someone in your life who exemplifies it. (If your group is familiar with each other, have someone share which virtue they see within others in the group)
- Have a group member lead some office chair yoga.
- Share a poem that means a lot to you.
- What does generosity mean to you in the past, present and future?

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- What sitcom would you most like to live in?
- Write yourself a permission slip. What are you giving yourself permission to do?
- Invite a local musician or band to come start your meeting. If they're comfortable, have them share their Venmo/CashApp so you can start a virtual tip jar.
- Tell us about a time when you or someone you love accessed medical assistance. You must tell this story in an accent.
- Which of the big 3 emotions (Anger, Anxiety, and Sadness) typically come up for you when you're feeling stressed or overwhelmed? What helps you manage that emotion back down to size?
- For more sharing prompts, check out the [Practicing Strength at Home](#) document on our website, or [reach out to any of our team members](#).