



Ice-breaker: Personal Histories

The point of these activities is simply to help people get comfortable with moderate vulnerability. By going through these exercises, participants come to understand one another at a more fundamental level; they learn how they became the people they are today... where they come from.

Option 1:

Ask participants to explain three things:

1. Where they grew up
2. How many siblings they have and where they fall in the sibling order (oldest, youngest, etc.)
3. What was the most difficult or important challenge of their childhood (but not their inner childhood; just the most important challenge of being a kid!).

Option 2:

At the beginning of the session, go around the table asking participants to explain where they grew up and what or who influenced them to become a trustee.