



GRADES

6-12



LIFE SKILLS

- relationships
- communication
- character
- confidence



TIME

10-15 mins



Break the Ice

A Life Skills Lesson Plan Kit

- No-Prep Lesson Plan
- Worksheet
- “Would you Rather...” Game



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LEVEL UP

Have students research famous people (musicians, athletes, political figures, actors) who seem very different, and then find ways in which they are alike.

Break the Ice

This lesson will help students build their communication skills for the future.



1

Introduce

DISCUSS Write the words ALIKE and DIFFERENT on the board. How does being alike bring people together? Even when we feel different from one another, how can we find ways that we are alike?

THINK Even the smallest thing can bring people together. Think of examples, both big and small, that people can use to find common grounds.

SHOW Look at a blank Venn diagram, and think about where the two circles intersect. Use it to imagine ways we are alike.

ASK What happens when we first look for likenesses instead of differences? Does it help people connect? Does it make people feel more comfortable? Think about how it feels to go into a place with familiar people or things vs. a place that is new or different. Remember—lots of people will experience the same feelings you do when they're in a new situation.

SUMMARIZE Today we will do an icebreaker activity to help us find ways we are both alike and different. We should celebrate both! But let's notice how finding similarities can help us feel more comfortable.

2

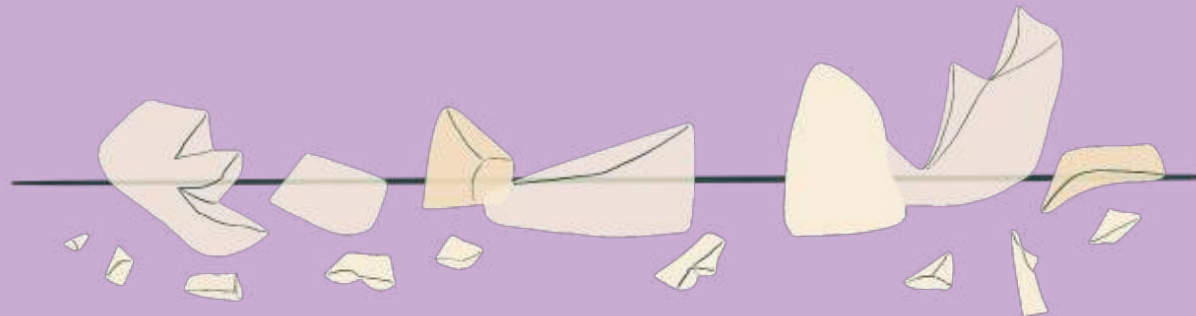
Explore

OVERVIEW Let's try an activity that helps us find ways that we're both alike and different. We're going to break into small groups of three to five. Try to get into groups where you do NOT know everyone. This will help us get to know one another better.

GO In your small groups, look for a way in which you are all alike. You can use the optional "Would You Rather?" prompts to try to find ways. Otherwise, just ask questions as you get to know one another. Keep sharing and asking questions until you find one commonality that applied to everyone. Once you find a way that you're all alike, then look for something that makes each of you unique. Challenge everyone in the group to find unique or interesting things—ways that might be different than others. Then write everything down, including the one way you all are alike and all the ways you all are different.

SHARE Once all the groups are ready, take time to share one at a time.

DISCUSS Can we find a way in which the entire, larger group has one way they are all alike? Try a few more "Would You Rather?" prompts as a large group to find other ways that people are alike.





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LEVEL UP

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Break the Ice

(Continued)



3 Reflect

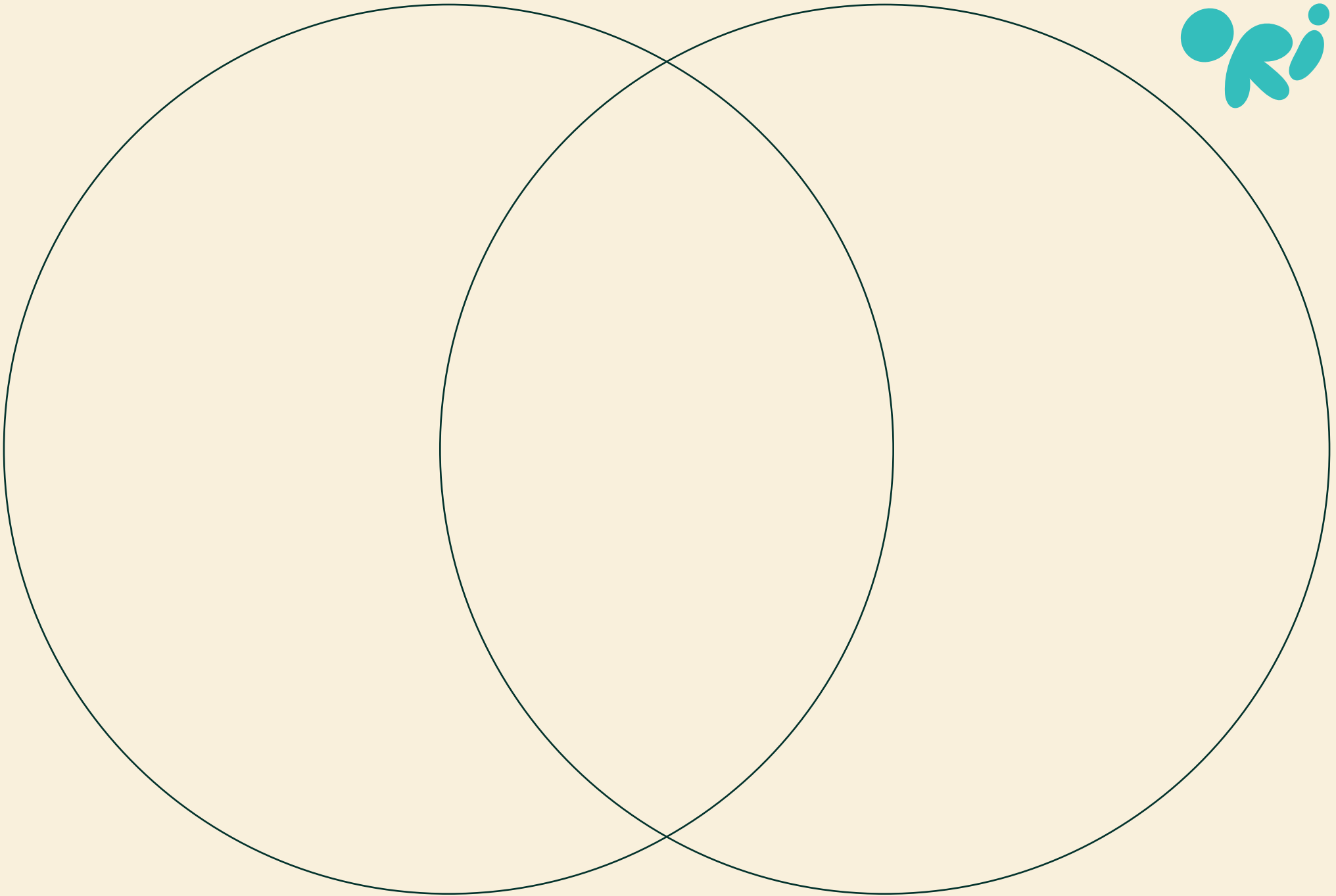
REVIEW When we find ways that we are alike, it helps us feel more comfortable. This can especially be true when we're in a new situation or in a new place. Imagine how it feels when you go somewhere and don't know anyone. Would it help you feel more at ease to meet someone from the same school or city as you? How about someone who shares a similar interest? When you learn to look for commonalities and ways that people are alike, it helps build relationships. This can be good, whether you're just meeting someone for the first time or you're getting to know people.

DEBRIEF Think about how this can help you learn to build strong relationships, especially early on. Talk about the different scenarios or relationships where this might come in handy in the future.

QUESTION What questions are there?

EXIT TICKET While it's easy to identify ways we are different from one another, it's also valuable to think about the ways we are alike. How can you see this being helpful to you in the future?





WE ARE MORE ALIKE, MY FRIENDS, THAN WE ARE UNALIKE.

Would you rather...

Let's celebrate the ways in which we are both alike and different.



 Go to New York	 Go to Los Angeles	 Have a dog	 Have a cat	 Climb a mountain	 Hike a canyon	 Go to a football game	 Go to a baseball game	 Go to a ballet	 Go to an opera
 Have a piece of pie	 Have a slice of cake	 Learn how to ski	 Learn how to surf	 Lose your phone	 Lose your television	 Own your own business	 Be a CEO at a big corporation	 Eat a homemade meal	 Eat out at a restaurant
 Ride the bus to school	 Walk to school	 Eat something spicy	 Eat something sweet	 Go to Disney World	 Go to Universal Studios	 Hang out on the beach	 Hang out in the woods	 Go camping	 Stay in a fancy hotel
 Be an artist	 Be an athlete	 Live in a high rise condo	 Live in a country home	 Have curly hair	 Have straight hair	 Be really tall	 Be really short	 Be invisible	 Be able to fly
 Go to Europe	 Go to Africa	 Travel to Hawaii	 Travel to Antarctica	 Eat a cricket	 Eat a worm	 Only eat one thing for a week	 Drink only water for a week	 Get only 3 hours of sleep a night	 Have no caffeine