Break the Ice

A Life Skills Lesson Plan Kit

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

---

**GRADERS** 6-12

**LIFE SKILLS**
- relationships
- communication
- character
- confidence

**TIME** 10-15 mins

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

—MAYA ANGELOU
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