

### **Ice Breaker: Name – Matching Exercise**

On a 5" X 8" note card, ask everyone to write one word that begins with the first letter (or sound) of their first name that reflects something about themselves (e.g. Chris - creative, Cindy – smiling).

Then get everyone in a circle, ask everyone to say their name, the word, and the connection they may have to the word they chose. Then ask everyone to toss their card into the circle.

Using a timer, ask for a volunteer to see how fast they can return the correct card to the person who wrote it. Do this a number of times to see if successive advisees can beat the previous time.