

Ice Breaker Activities

This or That?

Get to know your mentee by asking a series of this or that questions. You can also try each writing your answer on a small whiteboard or notebook paper and seeing how many you have in common.

- Pizza or burgers?
- Beach or pool?
- Cats or dogs?
- Sweet or salty snacks?
- Movies or video games?
- Morning or night?
- Ice cream or cake?
- Sneakers or flip-flops?
- Rainy days or sunny days?
- Texting or talking on the phone?
- Indoor games or outdoor games?
- Super strength or super speed?
- Books or movies?
- Pancakes or waffles?
- Music or podcasts?
- Summer or winter?
- School lunch or packed lunch?
- TikTok or YouTube?
- Roller coasters or water rides?

Two Truths and a “Silly” Lie

Take turns sharing three statements, two true and one made-up (the sillier, the better). Guess which one is the “lie.”

Favorites Lightning Round

Go back and forth with your mentee naming favorites (food, color, movie, place, subject, etc.). Keep it quick and playful, no overthinking allowed.

Highs and Lows

Each of you shares one “high” (best part of the day/week) and one “low” (something that wasn’t great). Keep it brief and optional.



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If I Could...

Take turns finishing prompts like:

- If I could have any job...
- If I could live anywhere...
- If I could learn anything instantly...
- If I could have any superpower, I would...
- If I could travel anywhere in the world, I would go to...
- If I could meet any famous person, I would meet...
- If I could be any age for a day, I would be...
- If I could have any animal as a pet, I would choose...
- If I could instantly learn a new skill, it would be...
- If I could eat only one food for a week, it would be...
- If I could live in any movie or TV show, I would live in...
- If I could design my dream school day, it would include...
- If I could invent something, it would be...
- If I could be really good at any sport, I would pick...
- If I could spend a whole day doing anything, I would...
- If I could change one thing about the world, I would...
- If I could create a new holiday, it would celebrate...
- If I could have any job for a day, I would be a...
- If I could have any kind of room (dream bedroom, game room, etc.), it would have...
- If I could be famous for something, it would be...
- If I could time travel, I would go to...
- If I could make one rule that everyone had to follow, it would be...

One-Word Check-In

Ask, “What’s one word that describes your day so far?” You can both share and expand if you’d like or keep it quick.

A–Z Game

Pick a category (foods, animals, hobbies) and take turns naming something for each letter of the alphabet.



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This Week's Top 3

Share your “top 3” from the week (favorite moments, foods, songs, etc.)

Story Builder

Start a story with one sentence, then take turns adding on. You can do this verbally or on a sheet of notebook paper. Keep it silly and unexpected.

Name That Category

Say a list of 3 things (e.g., “apple, banana, orange”) and have your mentee guess the category, then switch.

Clap Pattern Copy

Clap a short pattern and have your mentee copy it. Take turns making them more creative or tricky.

Backwards Day

Ask fun “backwards” questions like: “What’s your least favorite food?” or “What’s the most boring superpower?”

Mini Talent Show

Invite your mentee to share something small they can do (a fun fact, a joke, a skill), and you share one too.

Category Countdown

Pick a category and count down from 5, naming one item each number with 1 being the best or top-ranked. For example, come up with the 5 best pizza toppings or the 5 best movies of all time.

Fast Favorites

Ask 3 quick favorites in a row (color, food, game) without pausing.

