



FACE YOUR *Health*

ICEBREAKER—THE WEB



Purpose: Introduce the women to one another. Help them understand we all share things in common and this connects us in some way. The goal is to help the group establish a rapport with one another, see the learning session as a safe environment, and feel comfortable asking questions and participating in the discussion.

Number of Players: 4 or more

Time Needed: 10 minutes

Materials Needed: A ball of yarn

How Do We Play?

1. Ask the women to stand in a circle.
 2. Hold the ball of yarn. Explain that you will begin by saying your name and something about yourself. Say that you will continue to share things about yourself until someone in the group says she has something in common with you. If anyone is having trouble thinking of something to share, make suggestions—such as:
I like the color _____.
I have ___ [number of] children.
The person I most admire is _____.
My favorite food is _____.
My favorite movie is _____.
 3. Explain that when someone in the group has something in common with you, she should shout, “That’s me!” and say her name.
 4. When someone says this, you will hold on to the loose end of the yarn ball and toss the yarn ball to that woman.
 5. That woman will then share something about herself until someone else in the group says, “That’s me!” and then she will hold on to the yarn and toss the yarn ball to that woman.
 6. Play the game until everyone is holding the yarn.
 7. Tell the group that everyone is connected to one another somehow and that we all share something in common with each other.
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