

2 TRUTHS 1 LIE

Ice Breaking activity

This icebreaking activity helps participants to discover unexpected things about each other, encouraging active listening and building trust through a light playful way,

In pairs exercise

Time: 2-3 minutes

Materials:

No materials required



Activity:

1. Participants are divided into pairs
2. One individual shares two true statements and one false statement about themselves
3. The other listens carefully and tries to guess which one is the lie

TIPS

1. Remind everyone to keep statements short and simple
2. Encourage creativity – statements can be funny or unusual
3. As facilitator, you may start by providing your own examples, setting the tone.