



## PFLAG Virtual Support Group Meetings: Icebreaker Activities

**Getting people comfortable and ready to talk sometimes requires help.** If you're looking for icebreaker activities to get the conversation flowing during support group meetings, we've got suggestions. Here are a few ideas to get you started:

### **Ask participants to share their name, pronouns, and...**

- What brought them to PFLAG
- What they hope to take away from your virtual meeting
- One word to describe how they're feeling
- An example of how they're practicing self-care
- Something that is frustrating them
- Something that is making them feel better

### **BONUS TIP:**

Remember that sharing pronouns might be new for some people at your meeting. As the icebreaker leader, be sure to take a moment and explain why you're sharing your pronouns as part of your introduction so people have context.

Have another icebreaker that you'd like to see added to this list? Please contact Jamie Henkel ([jhenkel@pflag.org](mailto:jhenkel@pflag.org)).