Care or Don’t Care Icebreaker – The directions are simple: Just go through each item on the list and state how much you care (or don’t care) about that topic using one of the following choices. Discuss your reasons.

- Don’t care
- Care a Little
- Care
- Care a lot

Sports
Music
Movies
School
Work (Now)
Social Media
College/Education
Relationships
Love
Sleep
Family
Politics
Inner Peace
The world we live in
Spirituality/meaning of Life/ “the Big Picture”
Abstinence
Your Reputation
Addiction
Your Legal Situation
Your Future
OTHER?

Final Discussion:
What are some other things you just don’t care about (and how did you come to feel that way?)
What do you need to care about more?
What do you care about a lot and why?

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