



Social Media Icebreaker

Directions:

1. Everyone in the group gets one blank piece of paper to make their social media “post”. If possible make available some crayons, colored pencils or markers. Or, another option could be to make available magazines and paste to cut out pictures and words to paste on the paper. The goal for each group member is to make an interesting social media post. It can be a drawing, a picture or an interesting saying or story. ***Keep in mind this should not be viewed as an art contest, but rather each person’s post should be some form of interesting and creative self-expression.*** Allow some time for everyone to work on their post until everyone is finished
2. When everyone is done with their post take turns showing each post to the group one by one. As each post is shown, people in the group audience can choose to add a “like” to the post. For each “like” either draw a star or if possible place a sticker on the post. (If the group is large, the group leader may decide beforehand to limit how many “likes” each group member is allowed to give out)

Discussion:

At the end, group members should discuss which posts they liked and why. Did the post say something you agreed with or was it just funny and entertaining or did it express a positive message that spoke to you or did it express some good advice or wisdom or perhaps another reason?

< Icebreaker Complete >

Follow up Group Discussion Questions on Social Media in General (Optional)

- Do you like social media? (Why or why not? – What are your favorite things about it?)
- What positive benefits do you get from social media? (OR – Why do you avoid social media?)
- Do you have any rules or general guidelines you follow for what you post and how you comment on social media – aka your “Social Media Strategy”? (For example “Never post something you will regret later”)
- Do you think someone can be addicted to social media? – Do you think that may apply to you?
- Have you ever had your feelings hurt because of social media?
- Have you ever been encouraged, strengthened, or had another memorable positive experience on social media?
- Do you know of a site, web page, group, app, etc. on social media that is actually helpful for daily living that you can share with the rest of the group?