



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?