

Activity Guide: *Minute Meetups*

Summary

In this icebreaker, students rotate partners every minute, answering a new question each time. It's a fun, easy way to build connections before tackling deeper topics.

Purpose

Trust-building activities lay the foundation for effective group work. Use this activity early on to help a group connect and build trust, paving the way for deeper conversations ahead.

Outcomes

Students will:

- Learn at least 3 new things about their peers
- Have the chance to share at least 3 new things about themselves with others
- Become more at ease in their peer group

Detailed Agenda

Set-Up

- Divide the group into two equal subgroups. Have one group form an inside circle facing outward and the other form an outside circle facing inward.
- Each pair of facing students becomes partners.

Overview

1. Read the first prompt and start a 1-minute timer for pairs to take turns sharing.
2. When time's up, have the inner circle shift one spot left while the outer circle stays. Students should now be facing their new partner.
3. Repeat with a new prompt for each round.
4. Continue for at least six rounds to meet activity goals.

Prompt Ideas

- What is your favorite holiday?
- What is your favorite food?
- Do you have a favorite family tradition?
- What's the story of your name?
- What is something you like and dislike about where you're from?
- What animal are you most like? Why?
- What is your favorite thing to do on a Saturday?
- What is something you love about yourself?
- What is something you are really proud of?
- Who is your role model?
- What is a dream you have for your future?

Adaptations

Match prompts to group readiness. Start light, like “What’s your dream vacation?” For deeper sharing, use prompts like “Who do you look up to and why?” and allow more time.

Note

For virtual settings, pair students in breakout rooms for 1–2 minutes with a pre-assigned prompt. After each round, return to the main room, share a new prompt, and create new breakout pairs.

Wrap-Up

Debrief Questions

- How did that go?
- Did you discover similarities? Differences?
- Did anything surprise you?
- *[If you’ll be inviting dialogue with this group]* It sounds like there are a lot of similarities, but also a lot of differences, too. How do you think our differences will affect the types of conversations we have here?