



What If I Told You

An active way to get to know fun facts about the people in a group

TIME

10-20 minutes



TEAM STAGE

Forming

MATERIALS

Place markers (shoes, polypots, tape, chalk, etc.)

SUMMARY

This icebreaker activity allows people to learn about each other and fosters imaginative thinking and storytelling.

SET UP

- Have all participants form a large circle.
- There needs to be a place marker for everyone in the group (except the person who will be in the middle) – shoes, a polypot, tape, or even a chalk mark.

INSTRUCTIONS

- Ask one volunteer to remove their spot from the circle and stand in the middle.
- The goal for the person in the center is to acquire a spot on the border of the circle. To do so, they must share a true or false fact about themselves.
- The person in the center starts by saying “What if I told you...” followed by a fact that may or may not be true. As an example, “*What if I told you that I have been skydiving?*”
- The participants forming the circle vote on the truth of the statement with “thumbs up” for true or “thumbs down” for false.
- The person in the middle then reveals the truth about their statement.
- Those who guessed correctly do not move, but those who guessed incorrectly must try to move to a new floor mark.
- Establish a rule that participants may not move to a spot directly next to them.
- While participants are moving around, the volunteer from the center must also try to find an open spot.
- The last participant caught without a marker is the next volunteer to share in the middle.
- You can play as long as your group’s interest holds. Challenge them to be creative with their facts and see how many people they can displace while in the center.






Safety: If playing on a slick surface, make certain that the markers are securely set on the ground. Also, encourage participants to not step directly on the markers to avoid slipping. They should move quickly but be cautious about running into each other. Remind them to be polite about acquiring a new location; this means no pushing or shoving. The first person to a marker gets it.

VARIATIONS


- If the same people are ending up in the middle repeatedly, create a rule that everyone must volunteer to be in the middle once.



VARIATIONS *(continued)*

-  **Small Group:** To facilitate this activity for a small group, allow participants to ask questions to the person in the middle after they have read their statement and before participants vote on whether or not they think the statement is true.
-  **Online:** To facilitate this activity virtually, have participants take turns reading their statement to the group. After each statement has been read, have the rest of the participants guess if the statement was true or not using participant reactions like “thumbs up” or “thumbs down”, or use an actual thumbs up or thumbs down. Then, have the person who read the statement reveal if it was true or not. Have each participant pick the next participant to read a statement, or create an order for the participants to share and put it in the chat. [\[click here for video\]](#)
-  **Asynchronous:** To facilitate this activity asynchronously, create a shared Google Sheet or Google Doc with a table where participants can write their statements and indicate whether they think the other statements are true or not by a specified date. After that date, have the participants go back in and write whether their statement was true or not, and see if they guessed correctly for the other statements.
 - For similar activities, see [Have You Ever](#) or [I Like My Neighbor Who](#).

DEBRIEF QUESTIONS

- Did you use something that was true or false about yourself? Why did you choose to go that route?
 - How would you rate your success rate at guessing true/false facts about others? Why?
 - What is something that surprised you or something you learned?
-  **Facilitator Note:** As a general note, icebreakers are used for the purpose of breaking the ice and getting a group warmed up to participate in lessons and activities that will include debrief questions. Typically you do not have to debrief an icebreaker, however, when done intentionally, inserting a mini debrief or thought provoking question after an icebreaker can help to set up the rest of your lesson and tie your entire experience together in a more seamless fashion. These are some sample questions that you can use or modify to connect to the lesson that will follow.