

Icebreaker: Two Truths and a Lie

(15 minutes)

1 of 1

FACE THE FAST

Objective

Participants learn about each other by sharing interesting facts about themselves.

Activity Summary

Each participant will think of three statements about himself or herself that no one else knows. Two of the statements must be true and one must be a lie.

Procedure

Divide large group into small groups of 3-4 people. Have each participant think of two truths and a lie about himself or herself.

Taking turns, participants will share their two truths and one lie. Other participants must guess which one is the lie.

Consider asking for volunteers to share their two truths and a lie with the entire group and use this activity throughout the Food Fast when you need a small break.