

Icebreaker Activity MT1.1_1

"Two Truths and a Dream"

Objective: To get participants to share interesting facts about themselves in a fun and light-hearted way.

Time Required: 5-10 minutes

How it Works:

1. Each participant shares **two truths** and **one dream** they have (instead of a lie, they share a future goal or aspiration).
2. The group then tries to guess which statements are the truths and which is the dream.
3. After guesses are made, the participant reveals their dream.

Example:

- "I have traveled to 10 countries."
- "I speak 3 languages fluently."
- "One day, I want to start my own business."

This activity sparks fun conversations and allows people to learn a little more about each other while also setting a positive tone for future goal-setting.