

Sexual Education for Adults with Disabilities



Tool 19

Icebreaking activities



Icebreaking activities for first dates

- Talk about:
 - 20 random facts about yourself and himself/herself
 - 3 of your fears
 - 10 things that you would tell to your 16-year-old self (do it, don't do it)
 - 5 things that makes you happy nowadays
 - 3 obsessions of yours
 - 5 people who have influenced your life in some way
 - The most embarrassing thing in your life
 - 5 little things that make you angry
 - The 3 best thing ever happened in your life
 - 3 important events in your childhood
 - 5 of your hobbies
 - about your best friend
- Describe a usual day!
- Describe 3 of your strengths!
- What's the hardest thing you have ever lived through?
- What's your dream job?
- If you could live anywhere in the world, where would you live?
- What do you think, how would other people describe you?
- Where do you think you will be in 5 / 10 years' time?
- If you were a film actor, who would you be?
- If you built a house, what would it look like?
- Which animal is similar to you?
- What personal qualities are needed for an ideal relationship?
- What conversation topics are you afraid of, and prefer to avoid?
- What's the most interesting thing that has happened to you in a relationship?
- What where the most significant changes in your life?
- What is the strangest thing ever happened to you?
- What book influenced you?
- Would you have a plastic surgery, if yes, what would you change on yourself?
- What was the most stupid thing you did as a child?
- What was the most stupid thing you did since you were a child?
- If you had a biographical book, what would be the title?
- What do you think of..... ? (some actual news)
- If you were a superhero, what kind of superpower would you like to have?
- If I was a golden fish, what 3 wishes would you like to have?
- Which song makes you dance on a party?

Disclaimer

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.