BHAB Executive Meeting: Icebreaker Activity

January 15, 2026 | 1:00 PM – 3:30 PM

Icebreaker Activity: The Three-Point Swap

Instructions

Each participant will receive a notecard with three questions designed to help everyone get acquainted. Members will select someone from the group to ask their questions and engage in conversation. Afterwards, there will be a debrief session to share responses and any additional insights they learned about their partner.

The Three Prompt Questions

1. What is a skill you possess that you believe will benefit the executive board?
2. When making an important decision, what values and influences do you tend to have in your decision-making process?
3. What is one goal you have for your time on the BHAB executive board?

Activity Schedule

Part 1: 15 minutes

Members choose a partner for a casual interview where they ask each other questions to learn more about one another.

Part 2: Debrief 5 minutes

- Members can volunteer to summarize the information they learned about their partner to the rest of the group.