**Icebreaker Ideas for Virtual EBHI delivery:**

[21 Icebreakers Ideas](https://www.bustle.com/p/21-icebreakers-thatll-make-your-zoom-happy-hours-the-highlight-of-your-day-22774216)

[10 Activities for your Zoom Meetings](https://www.summitteambuilding.com/icebreakers-10-activities-to-energize-your-zoom-meetings/)

[Virtual Icebreakers](https://conceptboard.com/blog/icebreakers-in-virtual-teams/)

**Other ideas:**

* **Scavenger hunt –** Get participants to think about things in their environment that can support their learning and lead to success.
  + Examples:
    - DPP Session 2 – Find three food labels that represent either low or high fat foods
    - DPP Session 3 – Find something used for measuring (measuring cup/spoons, food scale, ruler, tape measure, etc)
    - DPP Session 10 – Find two restaurant menus
* **Bingo** – create a bingo card with examples of activities related to the topic being discussed or about general fun facts to get the group to learn more about each other.
  + Taken a Zumba class
  + Done a yoga dvd/streaming
  + Speak another language
  + Traveled outside the country
  + etc
* **Show and Tell –** ask participants to bring something to share with the others. It could be something random or themed based on the session topic or program. (ex. Something that weighs 1 pound, or a picture of something that motivates you)
* **Trivia –** divide the group into teams an have a mini trivia contest. Questions could be program related, or come from trivial pursuit or another question-based game.