



Two Truths and a Lie

Purpose Teambuilding/Icebreaker

Groups of 4-20 (can do this with larger groups if you split them up into smaller groups)
Time 10-25 minutes

Procedures

Everyone is given a card or piece of paper on which they are instructed to write two truths and a lie about themselves. After they have done this, each participant takes their turn reading aloud their three statements about themselves and the group must guess which they think is the lie.

TIPS

As they are writing them, encourage them to find unique and possibly strange things about themselves that are true, so that it will be harder for people to guess.

You can also prepare them for this by letting them know a day early what will be asked of them so they can take some time to think up some good stuff.

Virtual Twist: Ask participants to write down their two truths and a lie on a piece of paper or on their phone's notes app and do the activity.