



Icebreakers and Check-In Ideas

Starting a support group meeting with a simple check-in or icebreaker can help members feel comfortable, welcomed, and ready to participate. These brief moments of connection allow participants to learn more about one another and create a relaxed environment for conversation.

Facilitators may choose to use a traditional update check-in or occasionally introduce a lighthearted question to encourage participation and connection.

Participants should always feel comfortable sharing as much or as little as they wish.

Traditional Check-In

A simple check-in allows members to briefly share how they have been doing since the last meeting.

Participants may share:

- Their name
- How the past few weeks have been going
- One success or challenge they experienced
- Something they are currently working on or focusing on

This approach helps members feel heard and provides a natural starting point for conversation.

Quick Personal Updates

If time is limited, facilitators may invite very brief updates such as:

- One word that describes how you're feeling today
- One small win since the last meeting
- One thing that helped you this week

These short reflections help everyone participate without taking too much time.

Getting to Know Each Other

Occasionally replacing updates with simple questions can help group members learn more about one another's interests and preferences. These prompts often bring lightness and connection to the group.

Examples include:

- What is your favorite season in Wisconsin?
- What is a hobby you enjoy?
- What is a favorite place you like to visit?
- What kind of music do you enjoy listening to?

These types of questions often spark relaxed conversation and shared interests.

Lighthearted Icebreakers

These questions can bring energy and smiles to the group.

Examples:

- What is a favorite comfort food?
 - Are you a morning person or a night owl?
 - What is something that always makes you laugh?
 - If you could instantly learn a new hobby, what would it be?
 - Do you prefer the beach, mountains, or countryside?
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Reflective Icebreakers

These prompts encourage thoughtful sharing and can lead naturally into deeper conversation.

Examples:

- What has helped you most this week?
- What is something you are proud of navigating recently?
- What is something that has brought you hope lately?
- What advice would you give someone newly diagnosed?

Parkinson's Journey Check-In

These questions can help guide meaningful discussion about living with Parkinson's.

Examples:

- What is one strategy that has helped you recently?
- What is something new you've learned about managing Parkinson's?
- What is one thing that has made your day a little easier?

Facilitator Tip

Icebreakers should always feel **optional and comfortable**. Some participants prefer listening before sharing, and that is perfectly okay.

Simple prompts help build familiarity within the group, strengthen relationships, and remind participants that they are part of a supportive community.

Even small moments of connection can help turn a meeting into **a place where people truly feel they belong**.

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