Milling to Music Icebreaker

Adapted for adults from the book Tribes: Strategies and Energizers

**Instructions:**

Adapt the questions for your training needs.

Copy as many pages of this handout as needed for the number of clients. Cut them apart.

Describe three cities or towns in which you have lived.

Share your favorite way to relax or spend vacation time.

When have you felt very proud?

If you were given $100,000 tomorrow, what would you do with it?

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