# Icebreakers

A conversation icebreaker in mentoring is a question or activity designed to ease initial discussions and foster a comfortable environment for open communication between a Mentor and Mentee. These icebreakers are help both parties to get to know each other better and build rapport. Here are some examples:

## [Example Questions that Mentors can ask Mentees](https://cdn.prod.website-files.com/66cd9f7f911ba87dfbd24ad2/68756952e6375ca7ab04e239_Example%20Icebreaker%20Questions%20That%20Mentors%20Can%20ask%20Their%20Mentees.docx) (Word Doc)

## [Ice Breaker Activities for Mentorships](https://sspnyc.org/wp-content/uploads/2020/05/Virtual-Icebreaker-Games-for-Your-Mentorship.pdf) (PDF)

## [RSGames - Accessible Games for the Blind](https://rsgames.org/)

This resource was recommended by an experienced Mentor. He advised that use of this resource is dependent on a Mentee’s technology skills. For those who can play games while they talk, this could be a great way to connect with and build rapport with your Mentee.