

**FCCLA Region 9**  
**2020-2021 Icebreaker: 1 Truth & 1 Lie**

**Overview:**

- One Truth and a Lie is a classic icebreaker game to get to know each other. A participant will tell one truth and one lie about themselves. Everyone else has the opportunity to guess which statement was the lie.

**Purpose:**

- The point of this icebreaker is to help the region officers bond with each other and to create an environment where everyone can feel comfortable with each other.

**Time:**

- 2 - 5 minutes

**Instructions:**

- All region members will be separated into groups according to their position
- Once everyone is in their groups, we will begin the icebreaker
- One participant will say 2 statements about themselves: 1 truth & 1 lie
- The other participants will have to guess the lie
- Once everyone has guessed, the person will reveal what was the truth and the lie
- If only one person was correct, that person can go next