

FOUR CORNERS ICE BREAKER ACTIVITY

- Get students up and moving
- No wrong answers!
- Learn about your students while having fun
- Prompt Meaningful conversation
- Build Rapport

When I'm feeling overwhelmed over a task in class, which of the following skills will help me in that moment?

A. Take 3 deep breaths

C. Squeeze a stress ball

B. Take a walk down hallway

D. -

yo

mc

