



TRAINING TO GEAUX

Facilitator Guide: Penny for Your Thoughts

- **Purpose:** icebreaker for groups of any size
- **Materials:** one penny for each participant
- **Prep Time:** :30 - 10 mins depending on audience size
- **Activity Duration:** <20 mins

Instructions:

1. Place one penny for each participant in the center of the table(s).
2. Instruct participants to grab one penny and look at the date.
3. Ask each person to tell a short story (<1 minute) to the group about something that happened in their life during that year.
4. *Optional Deeper Dive:* ask additional questions:
 - What is something you thought was really important during that year? Or something you valued at the time?
 - How has that changed or stayed the same? Do you still value it?
 - How do these values relate to the work we do?

Penny for Your Thoughts is an effective way to get attendees talking, moving and comfortable with each other at the beginning of a meeting or conference. And it's a fun way to inject a little humor as everyone compares stories!

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Training to Geaux content*

