

# Have You Ever?

**What** This is an active, fun energizer to spark up the energy of the group, explore, and celebrate the rich diversity of people's past experiences. Given forethought it can be focused on the purpose for which the group has been brought together. This works well with medium to large groups.

**When** Anytime

- How**
1. **Set Up:** Create a list of about 20 items tailored to the group, setting, or goals you are working with that people can say they have done or experienced. Usually the items are of a "Have You Ever....?" form, but also free to ad lib, e.g., "Does Anyone Have....?" Items should be carefully considered in order to prevent embarrassment, ridicule, etc.
  2. **Instructions:** Form the group into a large circle. Explain that you will call out different things that may, or may not, apply to each person. If the item does apply to you, then rush into the middle of the circle, jump in the air, and do a high 5 with anyone else who runs in.
  3. List of Possible "Have You Ever?" Items:
    1. Have you ever climbed to the highest point in your country of birth?
    2. Have you ever lived overseas for more than 1 year?
    3. Have you ever sung karaoke?
    4. Have you ever been without a shower for more than 2 weeks?
    5. Do you have both a brother and a sister?
    6. Have you ever ridden a horse?
    7. Have you ever eaten frogs' legs?
    8. Can you speak 3 or more languages?
    9. Have you ever been in love with someone who was vegetarian?
    10. Have you ever gone swimming in 3 or more different oceans?
    11. Have you ever flown an airplane?
    12. Have you broken 3 or more bones in your body?
    13. Have you done volunteer work sometime in the last month?
    14. Have you ever free-climbed a tree or cliff more than 5 meters vertically?
    15. Have you ever had a close relative who lived to over 100?
    16. Have you ever cooked a meal by yourself for more than 20 people?
    17. Have you ever been parachuting or done a bungee jump?
    18. Can you not snap your fingers on your non-dominant hand?
    19. Have you ever seen a polar bear?

"Have You Ever" is often credited to Karl Rohnke.

Adapted from: <http://wilderdom.com/games/Icebreakers.html>