**Christmas Icebreakers**

What are your plans in the run up to Christmas?

Do you know anything else that’s happening in <insert location>, that people can do in the run up to Christmas?

Do you go to any regular clubs or social groups?

Do you have any hobbies or interests?

Do you help anyone in the community?

**New Year, New You Icebreakers**

What are your New Year’s Resolutions?

Do you have any plans to try anything new in 2020?

What’s your favourite thing to do?

What makes you feel good?