

Simple Ice Breakers

- Ask members to state one or two questions they hope will be answered during this FRG Meeting.
- Have members name one community resource they have heard good things about and what the good things were. For example – I had a friend who went to relocation in ACS and they got a lot of good info about Lawton/Fort Sill. This is a good one because it gets out info about what community resources can be helpful to military families. Community Resources include ACS, Red Cross, MPs, Commissary, PX, Social Work Care Managers, the hospital, AER (Army Emergency Relief), EFMP (Exceptional Family Member Program), ACAP, etc. You can write them up on a butcher block paper so people have reminders of what community resources are out there.
- Have members state their positive opinions on what FRGs do for them or what they've seen work in the past. Examples might be – I get info at the FRG Meeting, I met new people there, I make friends with other spouses in our unit, we had volunteer childcare for our meetings, we had Easter Egg hunts, we had potlucks, etc.
- Members give advice about fun things to do in Lawton. Examples are:
 - Places to visit/entertainment
 - Areas to live
 - Places to go shopping
 - Good schools to attend
 - Sports facilities in your town
- Two True, One False: go around group and everyone has to say two true statements about themselves and one false. The rest of the group has to guess which one is false. You might be surprised at some of the things you hear. It's good to suggest that one of the true statements be a talent. You'll learn that some people are great softball players, like to organize fundraising events, play the violin, just got a new job. You find out things about people that you might not otherwise find out.