



BUILDING YOUR TEAM

A MEETING ICEBREAKER GUIDE

FACILITATOR'S GUIDE

MUNDANE SUPERPOWERS

A Funny Staff Meeting Icebreaker

Everyone secretly has one oddly specific, completely useless skill — this icebreaker gets your team to admit it.

Building Your Team
buildingyourteam.com

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EXECUTIVE SUMMARY

A Real, Oddly Specific, Completely Useless Skill

Mundane Superpowers is an icebreaker inspired by the film [Mystery Men](#), where participants share one oddly specific, useless skill they genuinely possess.

It needs no materials beyond a timer and gets a room laughing in under five minutes, all while quietly surfacing the kind of small, unglamorous skills that actually save a team time. This paper walks a facilitator through setup, running the icebreaker, superpower examples to prime the room, and the debrief questions that give it a point.

4–6

people per group works best

30 sec

of silent thinking before sharing

10 sec

of follow-up questions per person

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Setup Requirements



There's almost nothing to set up.

- **A timer** or a phone clock — that's the only real requirement.
- **Optional:** index cards or sticky notes.
- **Optional:** pens or markers.

Groups of 4 to 6 work best for engagement. For larger meetings of 15 or more, split the room into breakout groups.

Run the Icebreaker



Five quick steps get the whole room talking.

1 Frame the concept

Ask everyone to think of a real, oddly specific, completely useless skill they genuinely have.

2 Give 30 seconds of silent thinking

Let people land on their answer before anyone has to say anything out loud.

3 Share in one sentence

Each person shares their superpower in a single sentence.

4 Take follow-up questions

The group responds with quick follow-up questions — about 10 seconds per person.

5 Vote

Vote on the most impressive or most relatable superpower in the room.

Superpower Examples

Prime the room with a few examples so no one is staring at a blank page.

■ Shuffling cards like a casino dealer.

■ Identifying the fastest grocery line.

■ Solving a Rubik's Cube.

■ Calculating restaurant tips instantly.

■ Doing celebrity impersonations.

■ Sinking free throws.

■ Switching accents on command.

■ Whistling loudly.

■ Catching falling objects.

■ Getting a USB plugged in on the first try.

Debrief Questions



A short debrief turns the laughs into a real observation about the team.

- What does your superpower reveal about your attention to detail?
- Did anyone's superpower surprise you?
- How do small, unglamorous skills save time on your team?

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ABOUT



Building Your Team is a division of The Leaders Institute®, the company that pioneered the Build-A-Bike® charity team-building activity in 2005. Building Your Team publishes practical, field-tested team-building activities and facilitation guides for corporate meeting planners, HR leaders, and event professionals.

Want us to facilitate this activity for your group?

Talk with our team about running Mundane Superpowers, or another meeting icebreaker, for your group.

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