



BUILDING YOUR TEAM

A MEETING ICEBREAKER GUIDE

FACILITATOR'S GUIDE

TWO TRUTHS AND A LIE

A Team Building Activity for Work

Three statements, one lie, and a room full of teammates trying to catch it — the classic icebreaker that still works because people love getting caught guessing wrong.

EXECUTIVE SUMMARY

A Simple Guessing Game That Reveals Real Things



Two Truths and a Lie asks each participant to share three personal statements — two true, one fabricated — while the group guesses which one is false.

It needs no props beyond a pen and an index card, and it fits virtual meetings, department kickoffs, leadership off-sites, and new-hire orientations alike. This paper walks a facilitator through materials, group-size guidance, the full six-step run, and the debrief questions that turn a fun guessing game into a genuine moment of getting to know teammates better.

5–15

people per group; larger teams split into 6–8

~2 min

setup, plus 60 seconds to write statements

6

steps from intro to meeting transition

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Materials and Group Size



This is one of the lowest-prep icebreakers available — nothing to buy, nothing to build.

- **A pen and an index card or sticky note** for each participant.
- **A timer or stopwatch.**
- **Optional:** a whiteboard for tracking the group's guesses.

The activity is best suited for groups of 5 to 15 people. Larger teams should divide into breakout groups of 6 to 8 so everyone participates within a standard meeting timeframe. Setup takes about 2 minutes, and each participant needs roughly 60 seconds to write their three statements before sharing begins.

Run the Icebreaker



Six steps move the group from a blank index card to a genuine round of guessing.

1 Introduce the game

Explain the format and the guessing mechanism so everyone understands what they're about to write and share.

2 Provide writing time

Give the group 60 seconds to compose their three statements — two true, one false.

3 Share statements

Each person reads their three statements aloud to the group.

4 Reveal answers

The speaker discloses which of the three statements was false.

5 Rotate participants

Continue through the group at a brisk pace so momentum doesn't stall.

6 Transition into the discussion

Bridge into the meeting agenda using any “work wishes” or themes that emerged from the statements shared.

Debrief Questions



A short debrief turns the guessing game into a conversation about how well the team actually knows each other.

- Which statement surprised you most, and why?
- Did anyone's guess change your perception of that person?
- What did you notice about how well you know your teammates?

Bridging Into the Meeting

The activity's flexibility is its biggest strength.

WHY IT WORKS

The article notes it works “at virtual meetings, department kickoffs, leadership off-sites, and new-hire orientations” without requiring props or extensive preparation.

Because step six explicitly calls for bridging into the agenda using themes or “work wishes” that come up during sharing, facilitators can turn a two-minute icebreaker into a natural on-ramp for whatever the meeting is actually about.

RELATED READING

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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 Two Truths and a Lie, or another meeting icebreaker, for your group.

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