

Two Truths and a Lie

Short description	Two Truths and a Lie is a popular icebreaker game where one person shares three statements about themselves: two are true, and one is a lie. Participants guess which statement is false.
Objectives	<ul style="list-style-type: none"> • This simple ice-breaker game helps participants get to know each other through storytelling and critical thinking, while fostering a fun, low-stakes competitive environment. • It promotes team bonding among diverse learners, reducing anxiety and building community, also improves observation skills, and encourages open communication by revealing surprising personal facts in a light-hearted manner.
Duration	10 – 30 minutes
Social form	<p>Working in groups.</p> <ul style="list-style-type: none"> • Optimal group size: 6 – 10 people is ideal for fostering discussion and allowing everyone to participate without the game becoming too long. • Small groups: 2 – 5 people are better for deeper, more intimate getting-to-know-you sessions.
Materials and organisation	<p>Create groups of a reasonable size and explain rules together with some examples.</p> <p>If you play in “anonymous mode”, identical sheets of paper and pens/pencils for writing down the statements are needed.</p>
Preparation	Prepare some examples of the statements for inspiration

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Step-by-step description



1. **Prepare:** Each person takes a few minutes to think of two true facts and one plausible lie about themselves.
2. **Share:** One person shares their three statements, usually in random order.
3. **Guess:** Other players guess which statement is the lie.
4. **Reveal:** The speaker reveals the lie, and the next person takes their turn.
5. **Win:** Points can be awarded for correctly identifying the lie, or it can be played casually.

Variations and differentiation

- **Two Truths and a Dream Wish:** Replace the lie with a "dream" or something you wish were true. This reveals goals and personality rather than just secrets.
- **Anonymous mode:** Everyone writes their statements on identical slips of paper. A moderator reads them aloud, and the group guesses who the person is *and* which statement is the lie.

Practical notes

Tips for success:

- **Make it believable:** Ensure the lie sounds plausible so it is harder to guess, such as "I have met the president" (if you haven't).
- **Use specifics:** Incorporate details into your truths to make them sound more believable or to make the lie stand out.
- **Keep it interesting:** Use unique experiences or surprising facts as your truths.

References | Sources

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