

Ice-breakers/energisers/warm up games and other activities

1) Lining up

Ask people to line up in order for example:

- a. Height
 - b. Name (alphabetically)
 - c. Month of their birth
 - d. Name of the town they were born in (alphabetically)
 - e. Time taken to get to the venue
- This will inevitably involve some conversation with those around you and start some information exchange.
 - You can build on this activity and turn it into more of a discussion starter by introducing more questions such as:
"Find out what the person to your left had for breakfast this morning" (quite light hearted but also involves needing to listen!)
- OR**
- "Find out what the person to your right wants to get from today's workshop" (more formal and can lead into a structured activity).

2) Writing your name with your foot

- Give each participant a piece of A4 paper and a marker pen
- Ask them to write their name with their foot.
- Collect all the pieces of paper in and hand them out to people at random
- Each participant must try to read the name on the paper and find the person that it belongs to. They may need to ask for help from other participants.
- This again can lead to discussions about how hard/easy the activity was and can be an activity on its own or lead onto something else such as discussions about clarity and ease of communication.

3) Splitting people into groups:

- Open a bag of mixed sweets and count them so you know how many of each sweet you have.
- Hand them out to the people in the group and ask them not to eat them straight away!
- Ask the participants to get into a group with other people who have the same sweet.
- This is simply a method of dividing people up for an activity.

4) Drawing each other

Split people into pairs and ask them to take turns to draw each other. The drawings don't have to be good or even accurate.

Annotate the drawing with information for example:

- a. What the person in the picture's favourite TV programme is
- b. What the person's job or role is
- c. What the person's favourite colour is

To make this into an activity to build on for later the questions could be more in depth, for example:

- a. What are the person's expectations for the day?
- b. What is a key strength the person brings to the team?
- c. What does the person think the key challenges of the project were?

5) Learning names

- Ask participants to stand in a circle.
- Throw a ball to someone in the circle
- Ask the person to say their name and throw it to someone else.
- The person who catches the ball must say their name.
- Keep throwing the ball around the circle until people have had a good chance to hear everyone's names.
- To make this more difficult after a few minutes change the rules.
- Now when throwing the ball to someone you have to say their name (rather than catching the ball and saying yours).

6) Fruit salad

- Get everyone in a circle and ask them to go around in order saying apple, pear, orange, plum (or whatever selection of fruits you choose).
- The facilitator shouts apple and all the apples have to get up and change seats. This is repeated with all the other fruits at random.
- When the facilitator shouts "fruit salad" everyone must get up and change seats.
- This can be made into a longer/more challenging game by removing a seat each time people get up, so that there will be someone who is "out" each time.
- This can go on for as long or as short a time as is needed to create a bit of energy in the room.
- You could substitute fruit for animals (and animal farm as a groups call out) for example or any other group you can think of.

7) Race to draw a person

- Divide the group into teams of up to 5 people.
- Give each team a large piece of paper (suggestion: 3 pieces of flip chart paper stuck together length ways with masking tape).
- Place the pieces of paper on the opposite side of the room from the teams and put out a selection of pens next to the paper.
- When the facilitator says "go" the first member of the team must run across the room to the piece of paper and draw the head of a person.
- They should then fold the piece of paper over so it cannot be seen.
- Once they have done this, the team member runs back to the team and the next person runs up and draws the shoulders, arms and hands, folds it over and runs back to the team.
- This is repeated with the next person drawing the torso, the next drawing the legs and the last person drawing the feet.
- The team who wins is the team who finishes the groups drawing first.
- The piece of paper is unfolded at the end to reveal the whole drawing.
- There could be discussions that follow around why people chose to draw what they did, what elements are missing, what do we think of when we see someone wearing a certain piece of clothing etc and the pictures of people can be used for further activities.
- Or this can just be used a simple team energiser.

8) Foreign language

- Prepare some cards with sounds/nonsense words on them eg p, t, k, s, d or pah, tinow, sapot.
- For each sound/word make 2 identical cards.
- Hand them out at random to the group.
- Everyone must start making their sounds/words all at the same time and walk around the room.
- While making the sounds, listen out to the other person "speaking" the same language and go and pair up with them.
- They can discuss how that felt and how easy or hard it was to listen.
- This can be used to generate discussion around listening and communication skills.

9) **Objects of discussion**

- Get people to bring in an object that means something to them (nothing valuable).
- Put all the objects in a box/bag when they arrive and then hand them out (so each participant will have someone else's object).
- Each participant then has to find the owner of the object and then ask them a bit about it and themselves etc
- Following on from this the participants can regroup and each person can feedback to the group what they have learnt about the object that they are holding and about the person to whom it belongs.
- This is quite useful for encouraging listening and feeding back.

10) **Jigsaw**

- Before the workshop cut a large piece of paper up into jigsaw pieces and hand them out.
- Each participant must find someone else who has a piece of jigsaw that fits together with their own, and then join other people who have matching pieces etc to build up the jigsaw.
- This works best when done in a smaller group on a table.
- This can be built upon as a team building exercise.