

3.5.3 Ice Breaking

Name:

Two truths and one lie.

Aim:

To get people to talk and learn something about the other team members.

Requirements:

Some paper for personal notes, but it is extremely easy to play and there is no need to have any equipment or supplies, only your imagination.

Time:

15 minutes+.

Number of people:

You can play with any number of people.

Steps:

1 | All team members individually write three statements about themselves on a piece of paper. Two of them must be true and one – false.

Example:

- *I have met the president.*
- *I'm colorblind.*
- *I've been arrested but never put in jail.*

2 | One team member begins to read out aloud his or her statement and the team discusses and guesses what is true and what is false.

3 | The author of the statements reveals what is true.

4 | Next person.



3.5.3 Ice Breaking

Name:

Draw what you hear!

Aim:

Develop the abilities of effective listening and communicating.

Requirements:

Paper and pens, objects/drawings.

Time:

30 minutes.

Number of people:

20.

Steps:

- 1 | The trainer shall organise the participants in pairs and ask the resulting couples to sit back to back. The trainer then distributes one piece of paper and a pen to one of the persons in each pair.
- 2 | After the pairs and materials are arranged for everyone, the trainer hands out some objects (e.g. trainers can bring LEGO, or other geometric figures with them or they might choose other daily products or objects more aligned with the specific characteristics of the target group of participants; in some instances trainers can also hand out pictures or abstract drawings to the other person in the pair an object. The participant receiving the object must then describe it to the other person in the pair. Give them two minutes to describe and draw without asking or answering any questions. Then, you provide another minute for the drawer to ask questions.
- 3 | When the time is up, bring the participants together (e.g. in a circle, or in an audience format and ask each pair to step to the front and present its work) and ask them to compare the drawing to the original. Discuss why there were differences (there always are!). Discuss where the root for differences lays... did it concern describing or listening? Was it because they could not ask questions to clarify what was being described; was it because they were time pressured? What about the noise in the room?

The trainer can adjust the exercise, to insert other customer circumstances that might affect the result, such as queuing two people or more with objects to draw for each person in charge of the drawing, etc.

References:

Adapted from: <http://blog.trainerswarehouse.com/communication-and-listening-exercises/>



3.5.3 Ice Breaking

Name:

Adorable Aga.

Aim:

To get to know participants, to share experience and personal interest.

Requirements:

The necessary materials for each participant:

- a sheet of paper (format A5 or A4, no demands on colour),
- markers/crayons/pens.

Time:

15 minutes+ (depends on a number of participants).

Number of people:

2+, you can play with any number of people.

Steps:

- 1| You must prepare the right amount of sets of required materials.
- 2| You need to prepare a comfortable place for participants - they can sit in a circle, they can sit in rows or in different places in one room. The only rule is that they need to see and hear each other.
- 3| Inform participants about the task, goal and rules:
 - The goal for each participant is to present himself/herself.
 - The task for each participant is to write his/her name vertical with capital letters. To each letter participants need to write their characteristic, e.g. for the name AGA: A - Adorable, G - Gorges, A - Ambitious.
 - Time for each participant to prepare presentation: max. 5 minutes.
- 4| Keep track of time, while participants work.
- 5| End the ice breaker with a round of applause.
- 6| The game gives insight for the teacher/trainer about: group dynamism, creativity, the way participants think of themselves.

