

Icebreakers

Activity: Introductions with Adjective

Purpose: Introductions, humour, engagement & joining as group.

Time: depends on size of group – quite quick. Can be combined with other ‘intro’ questions.

Materials: None.

Instructions: Many ways to do this

Variations:

Adjective: - Introduce yourself using an adjective that begins with first letter of name (either first or surname) and describes personality. E.g. rowdy Randy

Animal – (link to specific topic of day) – Eg- Crisis management: What animal most describes how you respond to crisis situations – tell why you made that choice. E.g. Ostrich (avoid); Bear (direct), Owl (thoughtful)

Activity: Introductions with Goal for Day – Why are you here?

Purpose: Introductions, engagement & joining as group.

Time: depends on size of group.

Materials: None.

Instructions:

Begin with an acknowledgment that there are many reasons people are in the room (enthusiasm for the topic, interest in PD, etc.) and that there may even be some people in the room who have been voluntold to come (and they’re probably thinking the person who sent them should be here!)

Then I say something like, “regardless of how you got here, we can all focus on what we want from the day. We can make it useful for ourselves. What is your goal for the day? What is going to keep you focussed for the next 7 hours?” This type of approach usually disarms those who have been sent. Facilitator can encourage time sensitivity by asking for 1 goal per participant.

Icebreakers

Activity: Introductions for Building Comfort in a Smaller Group

Purpose: Introductions, engagement & joining as group. Chance for participants to connect with each other.

Time: Can take ~ 20 mins. Likely only fitting for on-site or training that is multiple days where it is useful for group members to build relationship with each other.

Materials: None. Way to divide group into smaller groups

Instructions: In groups of 3 – 5, ask them to find 5 things they have in common with each other, beyond basics all humans share (NOT bellybuttons, feet, need to sleep, etc.). Have each group share their list at the end.

Activity: Speed Introductions

Purpose: Introductions, engagement & joining as group.

Time: 10 – 15 mins.

Materials: None.

Instructions: Give 5 mins with partner (person beside them; can instruct to find someone at table don't know). Task is to get answers to 5 questions – note them.

1. Name. 2. Where from. 3. Role (or job title). 4. One thing they like doing on free time. 5. One thing on their 'bucket list'.

After go around and they introduce each other (their partner)

Activity: Introductions for Building Engagement and Relationship – Top 5s

Purpose: Introductions, engagement & joining as group.

Time: 10 – 15 mins. Works with larger group to divide into smaller clusters or pairs

Materials: None. Have people group into 2s or 3s with people they don't already know.

Instructions: Ask them to share their "top 5 _____" (trainer choose topic).

- can be things like: desserts, movies, vacation spots, dream vacations, ... anything that isn't too threatening to discuss with a stranger...

Icebreakers

Activity: Icebreaker – “If” questions

Purpose: Engagement, hearing from each other.

Time: 5 – 15 mins. Up to trainer.

Materials: Trainer have several “if” questions ready – can put up on powerpoint or read aloud.

Sample questions:

- if you had to lose one of yours 5 senses, which would you give up and why?
- If you could spend a year anywhere in the world, all expenses paid, where would you go?
- If you could make a sequel to any movie, which one would it be?
- If you could eliminate one odour from the earth, which would it be?
- If you were to join the circus, which act would you choose?
- If you were to go into space for 6 months, and could take one personal item (for recreation), what would you choose?

Instructions: Trainer put up the question or read it aloud, and ask participants to huddle in pairs or 3s. Give them 2 minutes to share answers in small groups. Then come back as large group and ask to hear a few examples. This allows everyone to participate, and those comfortable sharing in the large group to generate some larger engagement.

Can do several questions.