



Key Advice

Icebreaker activities

- **Throw a ball.** Ask all participants to form a circle and ensure that they are standing at an appropriate distance from each other. Hand a small ball to one of the participants and instruct them to throw the ball to another person in the circle. The person who catches the ball then introduces themselves by sharing their name and explaining their reason for attending the meeting, as well as what they hope to achieve from it. After this, the person throws the ball to another participant who does the same. This process is repeated until everyone in the circle has had the opportunity to introduce themselves and the ball has been passed around the entire group, allowing everyone to learn each other's names.
- **Alliteration game.** Each participant is asked to come up with an alliterative epithet to add to their own name. To start, one person says their name along with their alliterative epithet, and the next person repeats the previous name and epithet and then adds their own name and epithet. This process continues with each member of the group, with each person repeating the previous names and epithets before adding their own. By the end of the exercise, the last person will have to remember a long list of names with their corresponding alliterative epithets.
- Instruct participants to **bring an item or object** to the meeting that they feel represents who they are. During the introduction round, each participant will have the opportunity to explain why they chose their particular object and how it reflects their identity or personality. This exercise serves as an icebreaker activity and help to foster connections and understanding among group members.
- **Draw an animal** together in a group. No talking or non-verbal signaling/signs are allowed. The activity takes 9 minutes. There is one marker and a paper. When you pick-up the marker you can put one straight line on the paper, after your turn you put the marker down on the table. A group member picks-up the marker to put one straight line on the paper. So only straight lines are allowed. You do this as a group until the 9 minutes are done. After the 9 minutes, you are invited to share and analyse how the process went.
- **Association exercise.** All participants sit in a circle. Choose one player at random to start the game by saying a single word out loud. The next player in clockwise order must quickly respond with a word that has some connection or association to the previous word. This process continues with each player building on the previous word, forming a chain of related words. This exercise encourages participants to think creatively and quickly while also developing their ability to make connections and associations between words. It can be used as an icebreaker activity or as a warm-up exercise before a brainstorming session.



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Example activities

- **Think, pair, share:** a group work exercise that encourages participants to actively engage with the material and each other. By taking the time to think about their own response, discuss with a partner, and share their ideas with the larger group, participants can gain new insights and perspectives on the topic being discussed. The exercise can be especially helpful for promoting discussion and active learning in larger groups.
- **Mind mapping:** a collaborative exercise that involves visually organizing information around a central idea or theme. It can be used as a tool to encourage multiple perspectives and ideas, and can help to clarify and organise complex topics. Mind mapping also allows for the use of colour and imagery to make the final product more engaging and memorable.
- **World Café:** a collaborative exercise that involves posing a question or topic for discussion and rotating participants through small groups at cafe-style tables to share their ideas and build upon those of others. Through several rounds of discussion and reflection, participants can develop new insights and strategies and promote collective learning.
- **Open space technology:** a collaborative exercise that involves setting an agenda of topics or issues for discussion, self-organising into open space groups around those topics, collaborating and sharing ideas within those groups, documenting insights and ideas, and sharing those insights and identifying action steps at the end of the exercise. The goal of the exercise is to promote group discussions and problem-solving around a specific topic or issue and develop new insights and strategies that can lead to meaningful action.
- **Talking stick:** a group work exercise that promotes respectful communication and active listening. Participants pass a "talking stick" and take turns speaking while others practice active listening. The exercise encourages productive discussions, effective communication and collaboration among participants.
- **Rich picture:** a group work exercise that helps to capture the complexity of a problem or situation in a visual way. By drawing a rich picture and exploring the various elements of the picture with the group, participants can gain a deeper understanding of the problem or situation and identify potential solutions. The exercise can be especially helpful for addressing complex problems that are difficult to fully grasp through verbal or written communication alone.
- **Fishbowl:** a group work exercise that involves a small group of participants having an open discussion while other participants observe and take notes. The exercise encourages open discussion and active listening and allows participants to gain new insights and perspectives on the topic at hand. After a set amount of time, participants rotate and switch roles, which allows for more individuals to take part in the discussion and observe. The exercise is useful for addressing complex issues or sensitive topics.