

ICEBREAKERS: EXAMPLES

1. Provide your neighbour with a brief summary of:
(a) what “positives” you hope to get out of this course; and *(b)* what you anticipate will be the most challenging aspect of the course.
2. Give your neighbour: *(a)* a brief example of what you consider your greatest achievement in life so far; and *(b)* something unusual about yourself. They will feed this back in plenary.
3. Judges believe in reasons. Work together with your neighbour to try to find one or more examples of something in life that has occurred for apparently no reason then try to prove your neighbour’s example to be wrong. This is harder than it sounds. Your examples may be challenged in the plenary feedback!
4. Give each person a piece of paper with instructions to write words or draw pictures that describe themselves. Then they are to pin their paper on their chest, walk around and look at each other’s self-description, without comment. Pictures are collected and shuffled, and participants try to identify to whom each picture belongs.

5. Ask the participants to move around the room and find someone they do not know or who they know the least of all. When everyone is in pairs, the facilitator announces the topic partners can talk about and a designated amount of time to do so.
6. People write down something about themselves they think no one knows. The leader reads this out and others guess who the person is. It is amazing to see the things some people reveal about themselves. This exercise works best when there is already some familiarity between group members.
7. In small groups of 2–3, have participants come up with six things they have in common which they will then share with the large group.