

## Activity 3.1: Icebreaker

**Duration:** Approx. 10-20 minutes (depending on activity)

**Aims:**

- To establish rapport in the cohort
- To introduce icebreakers that can be applied in practice
- To potentially elicit information or reflections relevant to the training session (by choosing a relevant activity)

**Requirements:**

Dependent on selected activity. Usually, at least space to move around.

**Activities:**

Select an icebreaker from one of the resources provided below, or one that you already know and use. Ice breakers can be of different durations, and oriented to different outcomes, from having a laugh together, to getting to know each other, to exploring key themes.

**Optional follow-on activity:**

Ice breakers can be followed by a group discussion supporting consideration of implementation in community settings.

Q1: How did people experience the activity?

Was it fun/uncomfortable/confusing/interesting/etc.? Why?

Q2: What groups and situations might it (not) work in?

For example, does it rely on written literacy? Can you do it online? Is it inclusive of people who are differently abled?

**Resources:**

- Boal, Augusto (2002) *Games for Actors and Non-Actors* (second edition). London and New York: Routledge.
- [Session Lab \(2002\) 53 Ice Breaker Games \[That Your Team Won't Fund Cheesy\]](#).
- NHS Institute for Innovation and Improvement: [Facilitator-Toolkit.pdf](#)

Note: there are lots more to be found online, though we need to take care to ensure that the activities we choose are inclusive and support the aims of the workshop.

**Facilitation notes:**

- As per Activity Sheet 2.2, this activity can be delivered by participants.