

## Activity 2.1: Icebreaker

### PARTICIPANT-LED ACTIVITY

**Duration:** approximately 30 minutes (with 30-60 minutes preparation time for participant facilitators)

**Aims:**

- To practice designing and delivering group activities
- To run an icebreaker to support the session
- To facilitate group evaluation of this activity

**Requirements:**

Note: as a participant-led session, this activity will require preparation time.

It is helpful for participant facilitators to have a key contact from the delivery team to consult with if needed.

Other requirements will depend on the selected activity (see below).

**Activity:**

Preparation

Before the session, in your group, identify an icebreaker that is suitable for participants in your training programme, with a focus on building trust and collaboration. You can choose an activity from the resources below, something you find online, or one you already know.

Remember to take into consideration any specificities of the space and group, with particular attention to access and inclusion.

As a group plan the delivery of the activity (introduction, icebreaker, discussion), including roles, materials, and timings. Organise any required materials.

Delivery

You will deliver the planned activity as the icebreaker for Session 2.

Include the following components:

- 1) Introduce the activity: why did you select it for this group/session?
- 2) Run the icebreaker activity
- 3) Facilitate a short full group discussion exploring the strengths and limitations of the activity, and the kinds of groups and settings it is best suited to.

**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]*. <https://www.sessionlab.com/blog/icebreaker-games/>.
- Icebreakers, Team Building Activities, and Energizers: [Activities for Facilitating Introductions](#)