

Module 1 - Instructions on conducting ice-breaking sessions

At a training course, the organizers may conduct an ice-breaking session to help the participants get to know one another. Two alternative ice-breaking sessions have been described here. Instructors may use other games or activities as well.



Session 1: "Which animal are you?"

1. Participants are asked to pick up a sheet of paper with a number (1, 2, 3, 4, 5, 6, and so on) written on it.
2. Participants with the number 1 are grouped together, 2 together, and so on.
3. It is desirable to have 5-6 people in each group. Thus, the number of groups will be determined by the number of participants in the training course.
4. Each person has to introduce themselves to the rest of the group by giving the following details:
 - name;
 - country;
 - organization;
 - a role that they fit into (for instance, leader, dreamer, analyser, and so on);
 - an animal that he or she identifies with.
5. One person from each group is selected by the group members to introduce the group to the rest of the class.

Duration: 30 minutes



Session 2: "Fastest to socialize"

1. Each participant is given a sheet of paper with 20 questions. A sample sheet of questions is given below.
2. Once the game has been explained to the participants, the timer is set for 10 minutes.
3. Each participant has to approach another person and ask one of the questions from the paper.
4. The participant then has to write the answer and get the person to sign next to the answer. In return, the participant may answer a question for the other person and sign next to the answer. This session encourages people to approach others and learn something about them.
5. The target is to get answers for all 20 questions within the time limit of 10 minutes.
6. The fastest person to reach this goal receives a 'prize'!

Duration: 15 minutes

20 Questions in 10 minutes!

What is your favourite colour?

Which country do you live in?

Name a movie character you like

What is your area of work?

Do you play any sports?

Describe SPF in one

What is the name of your spouse or partner?

Which is your favourite book?

When was the last time you laughed at work?

Do you sing well?

Do you have a pet and what is it?

Name a hobby

Who is your favourite actress?

Which is your favourite soft drink brand?

What is your dream job?

Which organization do you work for?

Where did you go for your last holiday?

How old are you?

How many languages do you speak?

Have you read Harry Potter?