



Tried and Tested

~~ice-breakers~~

energisers

and

warm Ups



Who am I?

TYPE OF ACTIVITY *Icebreaker/energiser*

PURPOSE

To offer participants an opportunity to:

- 'warm up' at the beginning of a course
- 'energise' themselves
- develop confidence in talking to each other
- formulate questions
- develop deductive skills.

MATERIALS AND PREPARATION

Pieces of paper - enough for one per person - each with the name of a well-known person/character (from a book, film, TV etc). Attach a name to the back of each participant - they are not to know the name at this point.

THE ACTIVITY *(about 5-10 minutes)*

Set the task for each participant to discuss 'who they are'. Inform the whole group of the 'types' of characters first (eg TV personalities, book characters etc). Participants are to discover the name of their character by moving around the group and asking one question of each person. The question has to demand the answer 'yes' or 'no' eg 'Am I a man?' or 'Am I still alive?' When they have correctly identified who they are, they can then sit

down. But they can still be asked questions by the rest of the group. If any participant is having difficulty, help them out by offering clues.

PROCESSING

Processing questions might include:

- did you feel comfortable/uncomfortable with the activity?
- did the activity help you to relax?
- how did you feel about being your character? Do you have anything in common with that 'person'?

POINTS TO NOTE

It is obviously important to be sensitive to matching names to participants in the group. One way of getting over this might be a way to devise a way of participants picking a name from a hat and attaching it in some way to themselves, without seeing the name.

It is worth remembering that some group members may not be conversant with the 'characters' - not everyone watches TV soap operas for example. Offering clues throughout the activity might help.

ADAPTATIONS/VARIATIONS

You might decide to make the activity more 'task-orientated' - eg select the name of the drugs if you are tutoring a drug education course.



Tick Tock

TYPE OF ACTIVITY *Energiser*

PURPOSE

To allow participants an opportunity to:

- warm up and relax
- have some fun
- involve everyone.

MATERIALS AND PREPARATION

Two small objects easily passable from hand to hand, one to represent the 'tick' and one the 'tock', eg two flip chart pens.

THE ACTIVITY *(about 5 minutes depending on size of the group)*

Ask the group to sit in a reasonably close, tight circle. Take the two objects (the 'tick' and the 'tock') one in each hand, and explain which is which. You (A) then demonstrate the activity by passing the 'tick' to the person to your right (B), saying to that person at the same time 'this is a tick'. The receiver then responds 'what is it?' You then reply 'it's a tick'. The person now holding the 'tick' (B) turns to the next person on their right (C) and hands them the 'tick' saying 'this is a tick'. On receiving the 'tick' (C) now responds in turn by saying 'what is it?' to person (B). (B) now turns to you (the trainer) and repeats the question 'what is it?' The trainer says to (B) 'it's a tick'. (B) replies in turn 'it's a tick' to (C). (C) then hands the 'tick' to (D) and so on. At that

point the demonstration stops. Now explain that the same procedure will happen with the 'tock' being passed around in the opposite direction at the same time. Confusion usually occurs at that point in the circle when both 'tick' and 'tock' are passing in opposite directions.

PROCESSING

Processing questions might include:

- how did you react to the activity?
- what advantages are to be gained from the activity?
- how did you feel whilst taking part?
- would you use this activity yourself as a group leader?

POINTS TO NOTE

Use two 'handy' objects which differ in some way, eg colour, size, shape. The circle needs to be sufficiently closed for the object to be handed from one person to another.

The maximum number for this activity is 12 to 15 in the group, and it is best used when you know the group and require an energiser.

ADAPTATIONS/VARIATIONS

Objects do not have to be called 'tick' and 'tock' - other appropriate relevant terms could be used - eg left/right, yes/no, big/small.

