
Icebreaker Activities

Introduction and Warm up

Facilitator:

Materials: Open space, speakers, phone with music

- o If the space allows it, form a big circle (so there is not distinction between students and intervention team). Make sure that members of the intervention team are not next to each other in the circle

- o Welcome participants and thank them for coming

- o Acknowledge nerves and uncertainty: emphasise that today will be a day of fun and creativity

- o Talk about the space: emphasise that there is no judgment or expectation in the space (this is not school!) and that they can be themselves and express freely

- o Introduce the people that are part of the intervention team – point out who is around to help (make them step inside the circle) and invite participants to ask them any questions they might have throughout the day.

- o Explain what will happen on the day timetable. Note: timetable needs to be written down on a big legible flipchart before starting the intervention and pasted somewhere visible for everyone. This way, participants will be able to consult what is happening next whenever is needed.

- o Activity: Dance circle (make a playlist with danceable songs that participants may like) this activity helps regulate the nervous system.

Dance Circle – Instructions

Everyone stands in a circle (both participants and adults). Put everyone in the circle in pairs (the person next to them – make sure adults are not next to each other). Explain the task before the music starts.

Task: "Your job is to come up with a dance move together with your pair, that everyone else can copy. We'll go round each pair who demonstrates their dance moves and everyone watches and joins us. When the pair is done, they pass on to the next pair with a clear symbol. (Agree a clear symbol for this in advance). Give every pair a minute with the track to get their dance move ready, then rewind the music and start with pair 1.

- o Go round circle and give everyone the opportunity to introduce themselves (name + say their favourite food (or something similar))
- o Activity: 'Step Forward if'. This game helps finding common ground with others and build motivation to start the activities. This can be very quick, just 2 or 3 questions.

Step forward if... – Instructions

Leader asks participants to 'step forward if...' (This is a good moment to start building motivation for the next activity)

You are sleepy

- You had a nice breakfast
- You are excited about today
- You like music
- You like singing
- You are ready to start the activities!

How to do a reflection round?

1. Facilitator asks question 1.
2. Participant reflects individually, in silence, for 1 minute.
3. Facilitators asks participants to share their answer in pairs (person next to them – if numbers are not even, there can be a group of 3), for 2 minutes.
4. Facilitator moves to ask question number 2 and follows the same steps as for the first question