

## ICEBREAKERS/ENERGIZERS

<b>Snowballs</b>	Scrunch paper into ball and throw to each other – say your name and 3 things about yourself
<b>Truth or lie</b>	Each person writes on a sticky label 3 things about themselves and puts on their jackets– one of which is untrue. Participants move around room and talks to others and tries to identify the false statement
<b>Weather check</b>	Each person describes how they feel in terms of weather – Facilitator goes first – eg Mist now clearing
<b>Introduction in pairs</b>	Spend a few minutes talking with each other and then the other person introduces you to the group
<b>Scavenger hunt</b>	Ahead of time make a culturally appropriate list of 5-10 characteristics eg Find someone who  Was born the same month as you  Owns an ipad  Has a little sister Likes football Has a pet Has walked (Local place of interest)
<b>Human Knot</b>	Group sits in a circle on the floor with legs towards the middle. They link hands with other people. However, they cannot link hands with the people beside them, nor can they give 2 hands to the same person. Then the group must stand up and untangle the knot without letting go.
<b>Group Portrait</b>	The facilitator writes the name of the workshop at the top of a FC page and then adds group portrait. Everyone is invited to come up, one by one, and to draw a symbol that expresses something about them, and then sign their name. Before going back to their seat, they explain to the group what the symbol means to them. When everyone is finished the facilitator draws a big circle around all the symbols and names and comments on the team (eg diversity, richness etc)
<b>Fruit salad</b>	Everyone sits on a chair in a circle and 1 standing in the middle. The person in middle picks a feature eg everyone wearing glasses change places and they also go to sit down. Person without a seat calls out the next feature. And so it goes on for 6 or 7 turns.

### Online Energisers and Warm ups

<https://www.mural.co/blog/online-warm-ups-energizers>



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Jeruselema dance video 3mins

<https://www.youtube.com/watch?v=TH4V-yHbJXk>