

1. ICE BREAKER, TEAM BUILDING, AND GET TO KNOW EACH OTHER ACTIVITIES

Whether it is a small group of students or a large group of participants, we all want to feel that we have established some commonality with our fellow students/participants. By creating a warm, friendly, and personal learning environment, students/participants will participate more and learn more. One way to do this is to incorporate group activities, such as icebreakers, team building activities, and energizers.

Below you can find a compilation of 10 activities that can help you create a warm atmosphere among your students/participants during any time of the day. You can start or end your day with one of these activities or you can make use of some as energizers in the middle of your day.

Connecting Eyes⁹



Aim

Team building,
ice-breaking,
splitting in pairs



Preparation

Finding a place to
make a circle



Age

14+



Duration

10 minutes



Materials

Fun, energetic
background music

Instructions

1. Participants stand in a circle
2. Each person makes eye contact with another person across the circle
3. Participants with eyes connected walk across the circle and exchange positions, while maintaining eye contact
4. Several pairs can exchange at the same time, and the group should try to make sure that everyone in the circle is included in the exchange
5. While exchanging, it is not allowed to get in touch with each other
6. Begin by trying this in silence and then exchange greetings or compliments in the middle of the circle

⁹ "100 Ways to energise groups: Games to use in workshops, meetings and the community" International HIV/AIDS Alliance 2002