

# Icebreakers, closing activities and group cohesion tools

## Tool 2. Introduction of participants<sup>1</sup>

### OBJECTIVES

- ✓ To allow participants to present themselves and get to know each other at the beginning of the workshop.
- ✓ To create a good atmosphere from which to build the group's cohesion.
- ✓ To encourage women to visualise themselves and others from a positive point of view
- ✓ To promote reflection on common elements among participants' goals, fostering group cohesion

### STEP-BY-STEP IMPLEMENTATION

**Note:** These activities can be done in the first sessions of a course, to introduce participants and create an atmosphere for the rest of the course.

#### 1. FIRST INTRODUCTIONS – THE MURAL OF PARTICIPANTS

This is a good activity to break the ice and ease the pressure when entering a new group knowing no one.

The facilitator asks the participants to create a circle and to introduce themselves using movement: they assign a gesture to their names and one by one, they make this move while saying their name. Every time one participant says their name, the rest of the group, including the facilitator, repeats it.

After assigning a gesture to their names, participants will be given a blank page to write down or draw their names' in the way they want the rest of the group to remember them. The facilitator will give them coloured markers, pens and scissors to personalise their name.

Meanwhile, the facilitator will hang a blank piece of brown paper on the wall and draw a series of bubbles, each one identifying a participant, where they will put up their names' drawing. Once they have done it, participants will explain to the rest of the group how they like to be called.

#### 2. MY DREAMS, MY PROJECTS

Each participant draws or writes their dreams and current projects on a sheet of paper or poster board. Then all of them hang them on their individual bubble on the group mural and share their thoughts, if they want.

### TIME AND RESOURCES

<b>TIME</b>	Around 20-30 minutes each activity.
<b>MATERIALS AND RESOURCES</b>	Flip chart paper or brown paper, markers, pens, sheets of paper, Post-it notes or coloured paper boards

<sup>1</sup> Based on Camarasa, M., Sales, L., 2013.

## Tool 3. Ice-breakers and group cohesion activities

### OBJECTIVES

- ✓ To create a good atmosphere and build and maintain the group's cohesion.
- ✓ To break in the ice at the throughout the course.
- ✓ To foster the competences of self-knowledge and communication.

### STEP-BY-STEP IMPLEMENTATION

**Note:** These tools can be distributed along several sessions, as ice-breakers and cohesion activities.

Each training may begin with an ice-breaker.

#### 1. PHYSICAL EXERCISE

The facilitator may use physical exercise for the group to warm up (literally) and release the stress from being in a new environment.

All you need is a suitable music and couple of basic warm-up exercises. For some ideas you can check the following YouTube videos:

- <https://www.youtube.com/watch?v=GCzecFateXc>
- <https://www.youtube.com/watch?v=R0mMyV5OtcM>

#### 2. WE GO BINGO!

Ice-breaking bingo for participants to know each other and find common interests (see handout).

### TIME AND RESOURCES

<b>TIME</b>	Around 10-15 minutes each activity.
<b>MATERIALS AND RESOURCES</b>	Papers, pens.

## Handout Ice-breakers: WE GO! bingo

### FIND SOMEONE WHO...

<p><b>CAN DANCE SALSA</b></p> <p>Who?.....</p>	<p><b>HAS A FIRST NAME THAT STARTS AN A. M. OR J.</b></p> <p>Who?.....</p>	<p><b>SPEAKS ONE OR MORE FOREIGN LANGUAGES</b></p> <p>Who?.....</p>	<p><b>ENJOYS PLAYING FOOTBALL</b></p> <p>Who?.....</p>	<p><b>EXERCISES 3 OR MORE TIMES A WEEK</b></p> <p>Who?.....</p>
<p><b>WAS BORN THE SAME MONTH AS YOU</b></p> <p>Who?.....</p>	<p><b>LIKES THE COLOR ORANGE</b></p> <p>Who?.....</p>	<p><b>DRINKS COFFEE EVERY MORNING</b></p> <p>Who?.....</p>	<p><b>LIKES TO EAT BROCCOLI</b></p> <p>Who?.....</p>	<p><b>CAN SPEAK SPANISH</b></p> <p>Who?.....</p>
<p><b>PREFERS TO DRINK TEA RATHER THAN COFFEE</b></p> <p>Who?.....</p>	<p><b>LIKES HORROR MOVIES</b></p> <p>Who?.....</p>	<p><b>FREE SPACE</b></p>	<p><b>DOESN'T LIKE CHOCOLATE</b></p> <p>Who?.....</p>	<p><b>HAS AN INTERESTING HOBBY</b></p> <p>Who?.....</p>
<p><b>HAS MORE THAN ONE PET</b></p> <p>Who?.....</p>	<p><b>RIDES A BICYCLE</b></p> <p>Who?.....</p>	<p><b>KNOWS THE LYRICS TO THE ADELE SONG</b></p> <p>Who?.....</p>	<p><b>ENJOYS SAILING</b></p> <p>Who?.....</p>	<p><b>IS A GRANDMOTHER</b></p> <p>Who?.....</p>
<p><b>DOES VOLUNTEER WORK</b></p> <p>Who?.....</p>	<p><b>HAS A SISTER</b></p> <p>Who?.....</p>	<p><b>DOESN'T WEAR A WATCH</b></p> <p>Who?.....</p>	<p><b>OWNS A DOG</b></p> <p>Who?.....</p>	<p><b>LIKES SPICY FOOD</b></p> <p>Who?.....</p>

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## Tool 4. Knitting the group rules

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### OBJECTIVES

- ✓ To establish (by the group) commitments and collective and individual responsibilities to promote reaching individual goals and a good development of the group.

### STEP-BY-STEP IMPLEMENTATION

This should be done in the first session.

The facilitator encourages participants to think about what things about the group's operation would do to make them feel more comfortable. One of the participants picks up the head of a ball wool cord and says something. When she finishes the ball is passed on to another random participant.

As participants speak, the facilitator writes the rules, responsibilities and personal commitments suggested on the blackboard.

The facilitator will suggest the following commitments, if they did not come up:

- Punctuality
- Attendance
- Participation
- Respecting everyone's turn to speak
- Confidentiality
- Respecting all opinions
- Freedom of expression (of discomfort as well as well-being)

All suggestions are read, similar ideas are grouped into one word and clarifications are made, if necessary.

The conclusions are written on a large paper board so that it can be saved and be in the room throughout the sessions.

Finally, a reflection is made about the knitted wool figure that has been formed and the importance of creating networks and having the support of the participants in the group.

### TIME AND RESOURCES

<b>TIME</b>	45 minutes
<b>MATERIALS AND RESOURCES</b>	Ball of wool, blackboard, paper boards or paper, pens, markers