

## **Ice Breaker/Introductory Activity**

### **Self Portrait**

Using only symbols or drawing, describe your morning from getting up to arriving here, try to show how you are feeling now and how you feel about the next two days. Remind participants this should be a fun activity and there is no bonus for artistic merit!!

Don't let anyone see your paper, and when you are finished lay the paper face down on the floor.

Each person has to then select a drawing (not their own!) and relate their interpretation to the rest of the group, and if possible identify the author who can confirm and elaborate on the story.

Alternative – Self Portrait Introductory/ Agenda setting activity/Planning

Give each Participant a sheet of flipchart Paper and felt pens. Ask them to write their name somewhere on the paper. Using drawings and words they should then somewhere on the flipchart sheet represent their response to the following questions.

- What are your Hobbies?
- Who is important to you?
- Where is your favourite place to be?
- What is your favourite meal?
- What are you good at?
- What would you like to change about your life/community/ house/area?

When this has been done get everyone to show their pictures to the rest of the group and talk through their images.

List the responses to the final question on the flipchart and use this as a starting point for discussion about changes that can be made and how?

Using the responses to the question “What are you good at?” you can begin to list how the skills of those present can contribute to any identifies actions and who else they may need to attract to achieve change.