

### **Ice Breaker/Introductory Exercise**

This will help everyone relax and get to know a bit more about each other as well as maybe helping the facilitator to pick up particular information about individuals who may have specific skills or needs, issues around, ambitions etc.

On A flipchart sheet for ever one to see write the following information:

### **THIS IS WHO I AM**

**Head:** Dreams or goals you have

**Ears:** Things you like to listen to

**Eyes:** What you would like to change about you/ your group/your area/your job

**Shoulders:** Problems you have or may have to face

**Hands:** Things you like to make or can do

**Stomach:** Things you like to eat

**Heart:** Things you feel strongly about

**Left Foot:** Places you have been

**Right Foot:** Places you would like to go

Ask participants to fill in the work sheet individually then share in pairs or small groups, introducing themselves to each other, then sharing what they are comfortable with. Have a general feedback around the more general points like, dreams or changes, things they feel strongly about etc.

**THIS IS WHO I AM** (*Work sheet*)

Using the hints on the flipchart try and fill in a few points under each heading, then pair up and introduce yourself to someone else in the group. Share as much information with them as you feel comfortable with.

**Head:**

**Ears:**

**Eyes:**

**Shoulders:**

**Hands:**

**Stomach:**

**Heart:**

**Left Foot:**

**Right Foot:**

