

6 Icebreaking Ideas – for the Creeping Death

Icebreakers are used to get participants talking to each other, feeling more relaxed and in the frame of mind to learn from the training session.

Having some simple icebreaking ideas is essential for trainers.

6 Ideas for the Creeping Death.

Start at one end of the group and ask each person to complete a sentence (it can be useful to begin with it yourself (the trainer) as this sets the scene for the rest of the participants.

- My name is and something I have in my pocket is.... (Take it out and show and talk about why it is in your pocket).
- My name is and I like..... (choose a subject area that is suitable for the course you are running).
- My name is..... and one good thing that happened to me this morning is.....
- My name is.....and I come from.....which is famous for; which is.... (describe where it is); which has (describe an attraction) – chose one area.
- My name is..... and something about your name (what it means, named after someone, nickname etc)
- My name is..... and if I was an animal I would be a