

Using Icebreakers, Games, & Interactive Activities To Make Learning Fun!

An Introduction to the Building Blocks to Peer Success Toolkit

**Helen Rovito, HRSA
Shalini Eddens, Lotus Project
Simone Phillips, People to People
Shailey Klinedinst, Lotus Project
Carol Tobias, PEER Center**

M & M Icebreaker

red

If you were a piece of candy, what would you be? Why?

blue

If you could meet any three people, dead or alive, who would they be? Why?

yellow

If you were reincarnated, what would you come back as if you could not be a human being? Why?

green

If you could visit any place in the world, where would you go? Why?

orange

If you could be only two of the following three, which would you choose and why? HEALTHY, WEALTHY, WISE

brown

If you were banished to a deserted island, and could choose three things to take with you, what would they be? Why?

Using Icebreakers, Energizers, and Closures

Techniques for enhance learning

Small groups

Interactive activities

Energizers

Role plays

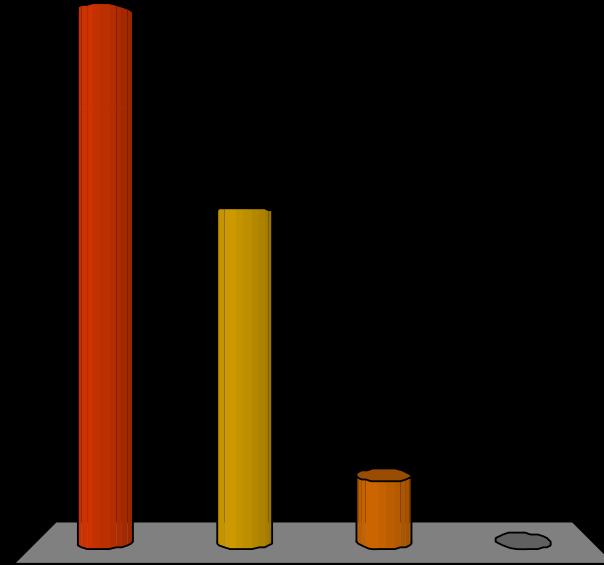
Others?

Audience response system (ARS) during lectures



I'm comfortable using icebreakers & energizers in my trainings & presentations.

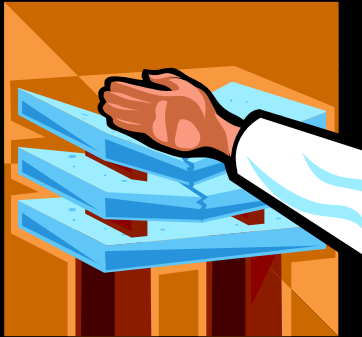
Strongly Agree
Agree
Disagree
Strongly Disagree



Str

Icebreakers

So what's the “ice”?



When designing your ice breaker, think about the “ice” that needs to be broken.

Consider using an ice breaker when...

Participants come from different backgrounds.

People need to bond quickly so as to work towards a common goal.

Your team is newly formed.

The topics you are discussing are new or unfamiliar to many people involved.

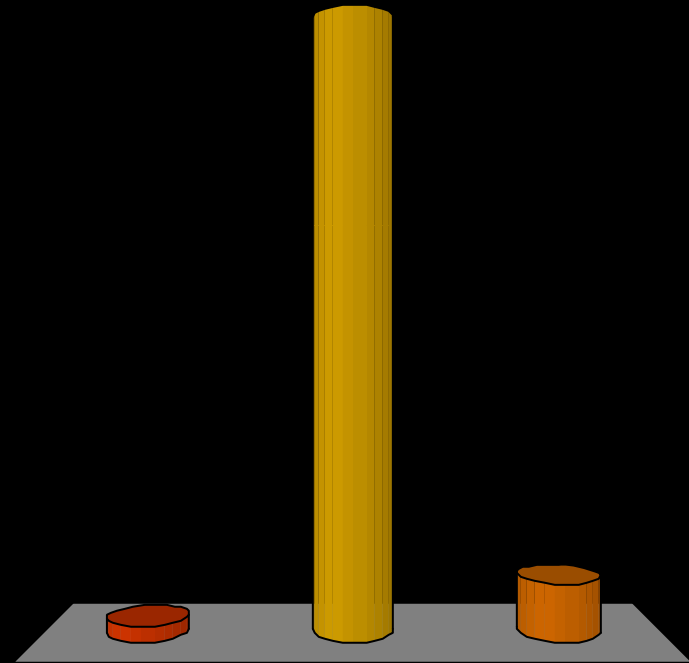
You need to get to know participants and have them know you better.

Why would icebreakers work in the facilitator's favor?

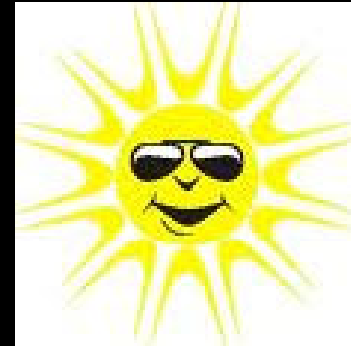
So participants can get to know you

To get people more engaged in the training and so they contribute more

Buy into the purpose of the event



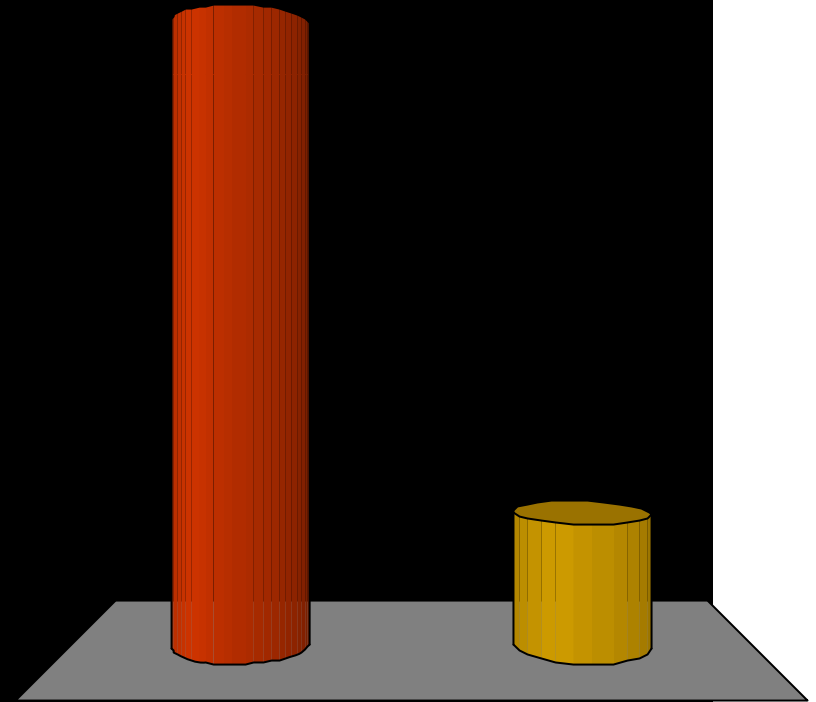
Energizers



An energizer can be an activity that does not relate to the training topic.

True

False



True

False

Closures

A closing activity gives the opportunity to:

- summarize the contents introduced,
- to emphasize the “discoveries” of participants,
- to add final tips
- to motivate participants to put into practice what they have learned
- bringing something difficult to a close
- healing, soothing



ARS (Audience Response System)

www.turningtechnology.com

Poll your audience

- Anonymous responses to difficult scenarios

Quiz your audience

- Great to use with games
- Pre & post test
- Do they understand what you are teaching?

Evaluate your training

See if they are present and in attendance

Adds a little fun



Finding Icebreakers on the PEER Center Website

http://peer.hdwg.org/training_toolkit/activities

PEER Center

Peer Education & Evaluation Resource Center



A national resource and evaluation center for people living with HIV and organizations interested in PEER education training programs

Home :: Resources for Peer Programs :: Building Blocks to Peer Success :: Other Modules - Activities

- [Home](#)
- [News](#)
- [About Us](#)
- [Partner Sites](#)
- [How Peers Help](#)
- [Models for Peer Programs](#)
- [Resources for Peer Programs](#)
- [Build a Peer Program](#)
- [Newsletter](#)
- [Upcoming Events](#)
- [Contact Us](#)

Other Modules - Activities

Building Blocks to Peer Success

This section includes activities that help facilitate group interaction and learning, break up the day and bring closure to the training. The intros help to lay out the ground rules and allow participants an opportunity to get to know each other and build trust. Icebreakers help to engage in a participatory manner and energizers are a fun way to re-invigorate a group after a serious discussion or after a break in the day. It is also useful to plan in advance how each training will end, the closures allow participants to summarize key points, review major "take home" lessons, or transition to the next topic.

- [Intros](#)
- [Energizers](#)
- [Icebreakers](#)
- [Closure](#)

[Return to Building Blocks to Peer Success main page](#)



BUILDING BLOCKS TO PEER SUCCESS

- Intros
- Icebreakers
- Energizers
- Closures



Intros

Expectations – Establishing Group Rules

People Hunt Bingo

Five Things in Common

Tattletales

Human Scavenger Hunt

That's Me

Line Up

The Object

M&M's

Trading Places

My Left Shoe

Training Overview

My Mother Says

Truth or Fiction

BUILDING BLOCKS TO PEER SUCCESS

Energizers	Icebreakers
Blinking	Animal Activity
Breath	Burden Basket
Cush Ball Challenge	Conocimiento
Heart	Life Lines
HIV Drug Competition	Out of the Box
Self Care Body Scan	The Ups and Downs of Diversity
Sing a Song	What's Your Birth Order?
Stretch	Words of Wisdom

BUILDING BLOCKS TO PEER SUCCESS

Closure

- Candle Light Ceremony
- Closing Circle
- Connections
- Making the Most of My Strengths
- Next Steps
- Pat on the Back
- Putting it All Together





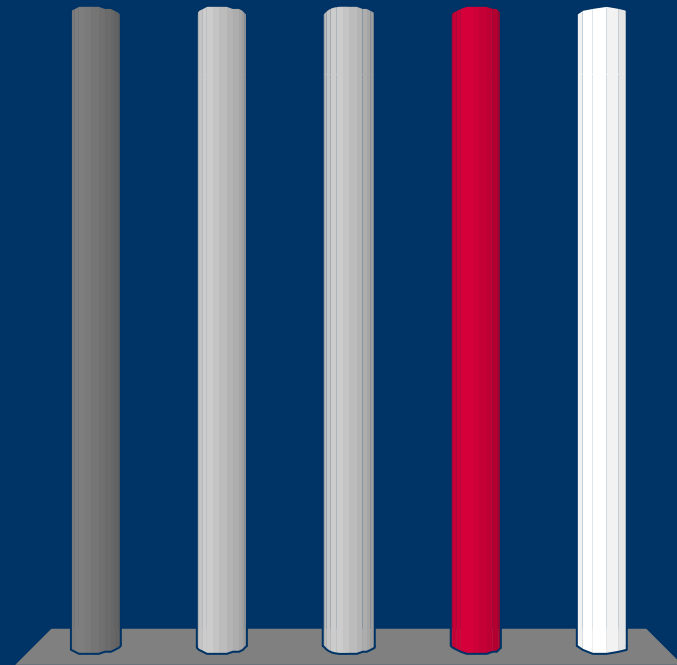
Special Considerations When Using Icebreakers, Energizers, Closures

Special considerations

- Some things don't apply to every community
- Adaptation is ok
- Know your audience – sensitivity
 - Ex: What Animal Are You & the Native Community
- Think about the time of day
 - Ex: Energizers great after lunch
- Evaluate the level of trust

I learned at least 2 new icebreakers which I will incorporate into my trainings.

1. Strongly Agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree



Strongly Agree

Agree

Neutral

Disagree

Strongly Disag.

20 Years of Leadership
A LEGACY OF CARE



2018 RYAN WHITE ALL GRANTEE MEETING AND 10TH ANNUAL CLINICAL CONFERENCE



I have a better understanding of when to use icebreakers vs. energizers vs. closures.

1. True
2. False