

# ACTIVITIES: ICEBREAKERS



## Getting to know each other

The activities on these orange cards can be used to help young members relax and get to know each other before working together.

### Name Game

Age group: Any

**Duration:** 5 minutes (depending on group size)

**How to:**

1. Ask all young members to form a circle.
2. Ask any young member in the circle to state their name. The next young member in the circle then repeats the first name and states their own.
3. Repeat, moving around the circle with one name being added by each young member until the final young member tries to remember all names.

Help is allowed but the person whose name has been forgotten can only help as a last resort.

### Wink

Age group: Any

**Duration:** 10 minutes (depending on group size)

**How to:**

1. Ask all young members to form a circle and close their eyes.
2. Chooses a 'Wink Master' by tapping one member on the shoulder.
3. All young members then open their eyes and mingle by introducing themselves to each other and chatting.
4. The 'Wink Master' must try to wink at other members without being noticed.
5. When a player is winked at, they should wait a moment and then drop out of the game.
6. The game ends when the 'Wink Master' is discovered or there is only one other player left.



### Communication Challenge

Age group: Any

**Duration:** 10 minutes (depending on group size)

**You will need:** Paper, a pen

**How to:**

1. Give everyone in the group a number written on a piece of paper.
2. Ask each young member to look at their number without letting other players see.
3. Then ask all the young members to arrange themselves in numerical order, communicating with each other without speaking or holding up their fingers.
4. Watch as they develop their own sub-language to complete the task.

If the game ends too quickly, add a second round by asking the players to arrange themselves in order of the month in which they were born, their shoe size or similar.

# ACTIVITIES: ICEBREAKERS

## Pair and Share

Age group: 10+

**Duration:** 10 minutes (depending on group size)

**You will need:** Pen and paper for each pair

**How to:**

1. Split the group into pairs.
2. For an uneven number create a group of three.
3. Allow five minutes for young members to introduce themselves to each other, chat and make a list of as many things they have in common as possible in the time allowed (excluding physical appearance and clothing).
4. Ask each pair to share their list with the group.
5. The aim of the game is for each pair to produce as long a list as they can.

For a large group of 10 or more split into teams of three or four so the game doesn't take too long.



## Pictionary of Me

Age group: 10+

**Duration:** 10 minutes (depending on group size and time allowed for each artist)

**You will need:** Markers, a flipchart

**How to:**

1. Before the game begins, prepare by drawing a few simple icons to indicate different categories of information such as 'My family' (for example, a group of stick men), 'My hobbies' (for example a ball and a book) or 'My favourite foods' (for example an apple and a slice of cake).
2. Stick the prepared flipchart page to a flat surface where it is easy for everyone to see.
3. Split the group into small teams of two or three players and number each team.
4. Ask each team to nominate an artist.
5. Starting with the artist from team number one, each artist gets two minutes (or less) to share as many things about themselves as they can with the group by drawing pictures on the flip chart.
6. Artists can indicate the category they are working on by pointing to the relevant icon on the flipchart page you prepared.
7. No other gestures, speaking or writing is allowed.
8. Note every correct guess and award a point to the team that got it right.
9. If time allows repeat until all young members have had a chance to draw.
10. The aim of the game is for each team to get as many points as they can.

This game works best with smaller groups of eight or less.



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# ACTIVITIES: EXPLORING



## *Finding out what's important to young members*

The activities on these pink cards can be used to help young members identify the topics they want to work on together the most.

### Comments Box

Age group: 10+

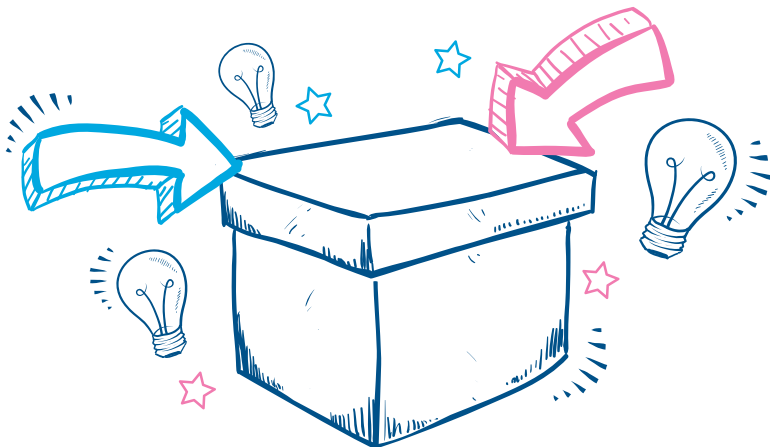
**Duration:** This activity works best if developed over several weeks

**You will need:** A box with a lid, scrap paper, pens

**How to:**

1. Write an open question on a cardboard box with a lid. For example, 'What things about this club would you most like to work on as a group?'
2. Leave pens and pieces of paper beside the box.
3. Ask young members to spend a few minutes writing down or drawing their ideas on the pieces of paper and then put each piece in the box (only one idea on each piece of paper).
4. Remind young members to add any new ideas they have had to the box at regular intervals over the course of several weeks or more (for example, after each of four weekly training sessions).
5. On the final week, ask a few volunteers to open the box and sort through the ideas by grouping similar ideas together into themes.
6. Ask the young members to name each theme. For example, 'Training', 'Bullying', 'Coaching', 'Fundraising' etc.
7. These are your topics for discussion.

The advantage of the 'Comments box' is that young members can develop their ideas over a longer period of time and contribute them anonymously.



## Graffiti Wall

Age group: Any

**Duration:** This activity works best if developed over several weeks

**You will need:** A large sheet of paper, coloured pens

**How to:**

1. Stick four flipchart pages together to make a single large sheet of paper.
2. Write an open question on it. For example, 'What things about this club would you most like to work on as a group?'
3. Stick the large sheet of paper to a solid surface and leave a box of coloured markers beside it.
4. Ask young members to write down or draw their ideas on the paper at regular intervals over the course of several weeks (for example, after each of four weekly training sessions).
5. Remind young members to take a few minutes to add any new ideas they have had each week.
6. On the final week, ask a few volunteers to identify any recurring themes and name them. For example, 'Training', 'Bullying', 'Coaching', 'Fundraising' and so on.
7. These are your topics for discussion.

The advantage of the 'Graffiti wall' is that young members can see, think about and develop each other's ideas.



## Ideas Post-its

Age group: 13+

**Duration:** 20 minutes (depending on group size)

**You will need:** Pens, Post-its, a flat surface

**How to:**

1. Give each young member five or six Post-its.
2. Invite them to draw or write down on the Post-its the topics they want to work on as a group.
3. Ask them to keep their suggestions simple, just one or two words, with only one suggestion per Post-it.
4. Stick all the Post-its on a flat surface.
5. Ask for a few volunteers to help group Post-its with similar ideas on them together into themes.
6. Ask the young members to name each theme. For example, 'Training', 'Bullying', 'Coaching', 'Fundraising' and so on.
7. These are your topics for discussion.



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# ACTIVITIES: VOTING

## Identifying and prioritising preferences



The activities on these green cards can be used to vote in favour of or against a proposal and to help young members rank a number of proposals in order of preference.

### Hands Up and Invisible Hands

Age group: Any

**Duration:** 2 minutes (for each vote depending on group size)

**You will need:** Markers (Invisible Hands only)

**How to:**

1. On a flipchart write down and/or draw the proposal that young members are being asked to vote on.
2. Read the proposal out loud and make sure everyone understands it.
3. On the count of three, ask all in favour of the proposal to raise a hand.
4. Count the votes.
5. To rank multiple proposals repeat steps 1-4 for each proposal.

For Invisible Hands, modify this process slightly:

1. Ask each young member to mark an **X** on one hand and a **✓** on the other before voting.
2. Then ask all young members to close their eyes .
3. On the count of three, ask all in favour of the proposal to raise their **✓** and hand and all against to raise their **X** hand.
4. Count the votes and repeat to rank multiple proposals.



# ACTIVITIES: VOTING

## Stand Up

Age group: Any

**Duration:** 2 minutes (for each vote depending on group size)

**You will need:** Markers and flipchart

### How to:

1. On a flipchart write down and/or draw the proposal that young members are being asked to vote on.
2. Ask all young members to sit down.
3. Read the proposal out loud and make sure everyone understands it.
4. On the count of three, ask all young members in favour of the proposal to stand while all against it stay seated.
5. Count the votes to see how many young members are in favour of the proposal and how many are against it.
6. To rank multiple proposals, repeat steps 1-5 for each proposal.

If there are young members in the group with limited mobility use another voting activity.

## Yes or No

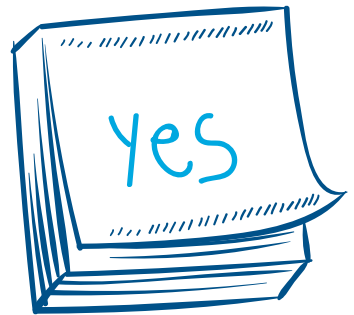
Age group: Any

**Duration:** 5 minutes (for each vote depending on group size)

**You will need:** Pens, Post-its, a box with a lid

### How to:

1. On a flipchart write down and/or draw the proposal that young members are being asked to vote on.
2. Read the proposal out loud and make sure everyone understands it.
3. Ask young members to write 'Yes' or 'No' on a Post-it in answer to the proposal and place their vote in a ballot box for counting.
4. Count the votes.
5. To rank multiple proposals repeat steps 1-4 for each proposal.



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# ACTIVITIES: VOTING

## Identifying and prioritising preferences



The activities on these green cards can be used to vote in favour of or against a proposal and to help young members rank a number of proposals in order of preference.

### Sticky Dot Voting

Age group: Any

**Duration:** 5-10 minutes (depending on group size, number of proposals and number of dots per member)

**You will need:** Pen, paper, sticky dots

#### How to:

1. On a flipchart write down and/or draw all the proposals that young members are being asked to vote on.
2. Read the proposals out loud and make sure everyone understands them.
3. Give each young member a set number of sticky dots to distribute as their votes.
4. Ask the young members to place their dots beside the proposals that they think are most important.
5. They can put all their dots beside a single proposal if they want to, one dot each beside several proposals if they think they are all equally important or distribute them however else they like.
6. The proposals with the most dots are the ones considered most important by the young members.



# ACTIVITES: VOTING

## Secret ballot

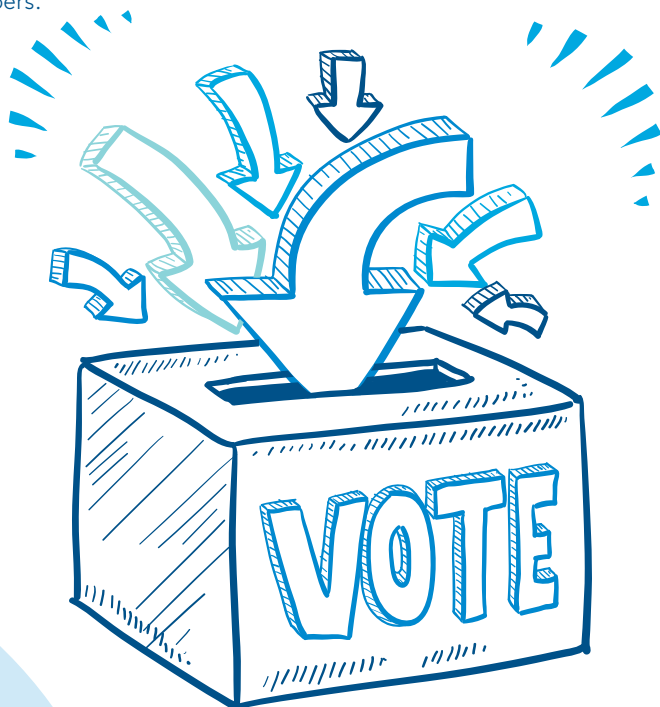
Age group: 13+

**Duration:** 5-10 minutes (depending on group size, number of proposals and number of Post-Its per member)

**You will need:** Pens, paper, Post-its, a box with a lid

### How to:

1. On a flipchart write down and/or draw all the proposals that young members are being asked to vote on.
2. Give all young members a Post-it and pen and ask them to write the proposal they think is most important on the Post-it and place the Post-it in the ballot box for counting.
3. Or you could give young members a set number of Post-its, for example three, and ask them to write down their top three proposals, with one proposal per Post-it.
4. Count the votes.
5. The proposals with the most votes are the ones considered most important by the young members.



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# WORKSHOPS: GOING DEEPER INTO ANY TOPIC



The activities on these purple cards can be used to explore topics that are important to young members in more depth and to evaluate a workshop.

## Moving Debate

Age group: 13+

**Duration:** 20 minutes per question (can be adapted to take more or less time)

**You will need:**

A large space, either indoors or outdoors, an **AGREE** sign and a **DISAGREE** sign

**How to:**

1. Make sure everyone understands that the aim of Moving Debate is to hear and explore individual opinions, not to persuade other young members taking part to change their minds, to reach a consensus or to 'win' the debate.
2. All young members stand in the centre of the space available.
3. At one end of the space, place a large sign with the word **AGREE** and at the other end a large sign with the word **DISAGREE**.
4. Read the statement for discussion. For example, 'Boys and girls should train together in our club'.
5. Young members who fully agree, stand beside the **AGREE** sign.
6. Young members who fully disagree, stand beside the **DISAGREE** sign.
7. Young members who are not certain stand at whatever point best reflects their opinion. For example, a young member who mostly agrees with the statement but not completely would stand a short distance away from the **AGREE** sign.
8. Encourage young members not to 'sit on the fence' by staying in the centre of the space.
9. Ask young members standing in various different places to tell the group why they have chosen to stand where they are.
10. Young members can also raise their hands to share why they have chosen to stand where they are.
11. After a number of different viewpoints have been heard, all young members should be given a chance to move position if they wish.
12. Repeat steps 9, 10 and 11 a number of times until everyone is happy with where they are standing.
13. Make note of the number of people standing in different places in the room and keep a record of this for feedback to decision-makers.

Moving Debate is particularly useful for exploring controversial topics and for use in large groups.

## Pros and Cons Post-its

Age group: Any

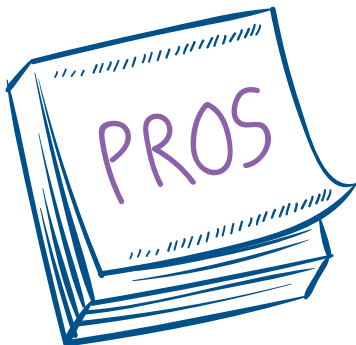
**Duration:** 30 minutes

**You will need:** A large sheet of paper, a box, pens, Post-its of two colours

### How to:

1. Stick four flipchart pages together to make a large sheet of paper.
2. Introduce the topic for discussion and write it on the large sheet. For example, 'Training with my club.'
3. Divide the page in half with a solid line. Write 'Pros' on one side of the line and 'Cons' on the other.
4. Stick the sheet to a flat surface.
5. Ask young members to work in small groups of two or three to write down or draw all the things that they like in relation to the topic on Post-its of one colour and all the things that they don't like in relation to the topic on Post-its of the other colour.
6. Make sure young members just put one idea on each Post-it.
7. Allow 15 minutes for this.
8. Ask one young member from each small group to very briefly summarise the ideas generated by their group and stick their Post-its to the large sheet, with all Pros on one side of the dividing line and all Cons on the other.
9. Allow 10 minutes for all the small groups to complete step 8.
10. Give each young member four to six sticky dots and invite them to identify the two or three Pros they think are most important and the two or three Cons they think are most important. Allow an additional 5 minutes for this.

You can modify this activity if you want by using Post-its of a single colour and inviting young members to suggest their 'top five' or 'top ten' ideas on the topic. For smaller groups you can also ask young members to work individually rather than in twos or threes.



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# WORKSHOPS: GOING DEEPER INTO ANY TOPIC



The activities on these purple cards can be used to explore topics that are important to young members in more depth and to help them to evaluate your workshop.

## Rotation

**Duration:** 40 minutes

**You will need:** Large sheets of paper, pens, markers, sticky dots and a facilitator for each group

### How to:

1. Introduce the topic. For example, 'Our kit.'
2. Split the young members into groups of four or more people and give each group pens, markers and a large piece of paper. Groups can work on the floor or at tables.
3. Ask each group to write down or draw all their ideas in relation to a different aspect of the topic on their group page. For example, if you have three groups, the first group could work on 'What I like about [our kit]', the second group could work on 'What I don't like about [our kit]' and the third group 'How I would change [our kit]'.
4. Allow 10 minutes for this and then rotate the groups.
5. The facilitators at each table can help to summarise the ideas already on each page for each new group.
6. Allow a minute or two per group for this.
7. Ask each group to discuss the ideas now in front of them and add any new ideas they may have.
8. Repeat steps 3-7 until all groups have worked at all pages.
9. Conclude by giving all young members a small number of sticky dots and asking them to put a dot beside the two or three ideas on each page that they think are most important. Remind them not to automatically choose their own ideas.
10. Allow 5 minutes for this.



This activity works best with bigger groups of 12 plus young members.

## Evaluation target

Age group: Any

**Duration:** 2 minutes (for each target depending on group size)

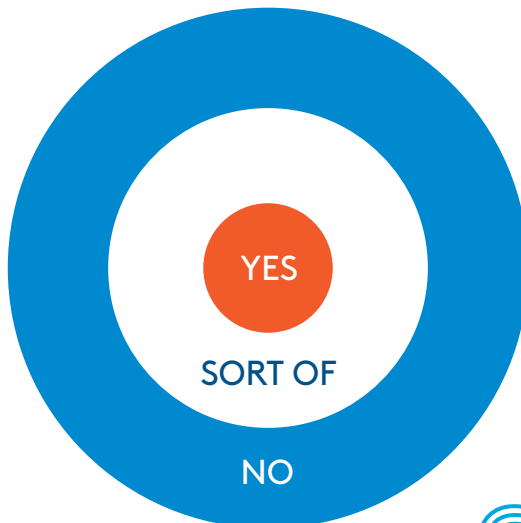
**You will need:** Three ring target (print or draw), sticky dots

### How to:

1. Draw or print a three ring target on a piece of paper with one evaluation question at the top of the page. For example, 'Did you enjoy the workshop?'
2. Stick the page to a flat surface.
3. Give each young member a sticky dot and ask them to state their opinion by placing the dot on the target in one of the three rings.
4. Step out of the room while they are doing this.
5. If you like, you could also ask young members to write any additional comments or suggestions they might have on Post-its and stick them beside the evaluation target or in a comments box.
6. And of course you can ask as many different evaluation questions as you like, but print a new target for each one.

The evaluation target is the simplest way to evaluate a workshop session but you may prefer to create your own evaluation sheet with multiple fields if you need more detailed information.

Did you enjoy the workshop?



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