

# Making Connections

## Warm-ups, Energizers and Focusing Activities

National Association of Workshop Directors, Boston 2001

- ?? Create opportunities to learn and laugh together.
- ?? Make connections—If you are part of the team” be an active participant yourself!
- ?? Ask yourself, “What does the group need today?”

### Focus

What is the goal of your icebreaker or warm-up activity? Are you:

- ?? Getting Acquainted
- ?? Introducing a Topic
- ?? Building a Team
- ?? Reducing Stress
- ?? Waking up a Tired Group

### Risk

Is your group ready to do what you are asking of them? Are the risks:

- ?? Social
- ?? Emotional
- ?? Intellectual
- ?? Physical

### Activity Level

Does the activity level required match your goals and the needs of your group?

### Materials and Facility

What materials or props are needed?  
What space needs does the activity have?  
Do you have an alternate plan if the facility or group size does not fit your activity?

### Facilitator

The group will mirror the **enthusiasm** and **sincerity** of the facilitator. Smile, prepare, and expect success. If warm-ups aren't your strength, find a staff member with that talent and ask them to facilitate.

### A Few Ideas...

#### 1. The Direction Game

An active race with a goal setting/group process theme

#### 2. Chaos

A tone-set for groups

#### 3. Back-to-Back/Face-to-Face

A forced mingling and sharing activity

#### 4. Name History

A nice topic for a group who knows each other

#### 5. Attribute Rummy

A focusing activity that transitions a group to a major topic

#### 6. Groupings

By tool, crayon, or other themed object

#### 7. Taking “Groupings” a step further

How is this object like a leader? How will you use? How will you limit use?

#### 8. Variations on a Theme

What's on your **plate**?  
What **filters** your view?  
What fills your **cup**?

#### 9. Current “Check-in”

Describe day (week or year) with letter of first name.  
What have you been doing the past 24 or 48 hours?

#### 10. “Who Am I?” Activities

5 Things in my Wallet  
Key Ring Identification  
“Who can it be?”