

## **Introduction**

Knowing and being able to use Ice Breakers is a great way of getting groups to work together and help introduce issue related sessions. You can also use them for a bit of fun with your groups and clubs.

This course is aimed at sessional and volunteer youth and children's workers. Particularly those who have little experience in using ice breakers in their work.

## **Content**

The course will provide a theoretical background to using ice breaking techniques and an opportunity to experience a series of ice breakers tailored to and for particular situations.

The course is very practical with group activities, discussion and tutor input.

## **Outcomes**

By the end of the course participants will have;

- Have an understanding of the purpose of ice breakers
- Be able to determine when best to use them
- Be aware of a range of ice breakers that can be used in different situations-
- Have had experience of participating in some ice breaking techniques
- Be able to select and deliver an ice breaker to other course participants

## **Follow Up**

Please answer all the questions;

- Where do you your youth or children's work?
- When did you do the course?
- Briefly describe an ice breaker you have used with a group or club.
- How did using the ice breaker go?
- How did the participants find it?
- What would you do differently if you used the ice breaker again?
- How (or where) would you be able to find more ice breakers?