

Annex I
Description of the steps

Activity title	Ice Breaking Activities
Topic	Ice Breaking Activities in details
Aim	<p>The aim of these ice-breaking activities is to foster a positive and inclusive atmosphere among participants, encourage interaction and engagement, build rapport, and facilitate the formation of connections and relationships within the group. They help to break down barriers, create a sense of camaraderie, and establish a supportive environment conducive to learning and collaboration.</p>
Target group	<p>The target group for these ice-breaking activities is trainers, mentors, and youth workers participating in the training program. These activities target is to facilitate networking, encourage sharing of experiences and challenges, and promote team-building among participants.</p>
Duration	30 minutes – 1 hour (depending on the participant number)
Needed materials	<p>Cross-Interviews:</p> <p>Pen and paper for jotting down notes (optional).</p> <p>Timer or stopwatch to keep track of interview time.</p> <p>Empathy Circle:</p> <p>Open space where participants can form a circle.</p> <p>Chairs for participants to sit comfortably.</p> <p>Optional: Flipchart and markers for capturing key insights or reflections.</p> <p>Youth Issues Carousel:</p> <p>Flipchart sheets labeled with different youth-related issues (e.g., mental health, unemployment, access to education).</p> <p>Pens or markers for participants to write down their thoughts or experiences on the flipchart sheets.</p> <p>Space to post the flipchart sheets around the room.</p>

	<p>Strengths and Superpowers:</p> <p>Pen and paper for jotting down strengths and superpowers.</p> <p>Optional: Costumes or props to enhance the superhero alter ego visualization (e.g., capes, masks).</p> <p>Optional: Flipchart and markers for participants to share their superhero alter egos with the group.</p>
<p>Steps for implementation</p>	<p>Cross-Interviews:</p> <ol style="list-style-type: none"> 1. Preparation: <ul style="list-style-type: none"> • Pair participants randomly. • Ensure each pair has a quiet space to conduct interviews. • Set up a timer or stopwatch. 2. Implementation: <ul style="list-style-type: none"> • Explain the purpose of the activity: to get to know each other better. • Provide guidelines: Each participant will have a set time to interview their partner and then switch roles. • Set the time limit for each interview round (e.g., 5 minutes per person). • Start the timer and instruct participants to begin the interviews. • During the interviews, encourage open-ended questions about backgrounds, interests, experiences, and aspirations. • After the allotted time, signal for participants to switch roles. • Repeat the process until each participant has had a chance to interview and be interviewed. 3. Reflection: <ul style="list-style-type: none"> • Bring the group back together. • Facilitate a brief reflection session where participants share any interesting insights or commonalities they discovered about their partners. <p>Empathy Circle:</p> <ol style="list-style-type: none"> 1. Preparation: <ul style="list-style-type: none"> • Arrange chairs in a circle to facilitate sharing. • Ensure a quiet and comfortable environment. 2. Implementation: <ul style="list-style-type: none"> • Explain the purpose of the activity: to foster empathy, active listening, and trust. • Establish guidelines: Participants will take turns sharing a personal experience or challenge while others listen attentively without interrupting. • Invite the first participant to share and remind others to listen attentively.

- Allow each participant to share in turn, ensuring everyone has an equal opportunity to speak.
- Encourage empathy and understanding by discouraging interruptions or judgments.

3. Discussion:

- Facilitate a brief group discussion after everyone has shared, focusing on any common themes or feelings that emerged.

Youth Issues Carousel:

1. Preparation:

- Post flipchart sheets around the room, each labeled with a different youth-related issue.
- Provide pens or markers for participants.

2. Implementation:

- Explain the purpose of the activity: to generate discussion about key challenges facing youth.
- Instruct participants to rotate around the room, spending a few minutes at each flipchart sheet.
- Encourage participants to add their thoughts, concerns, or personal experiences related to each issue.
- Emphasize the importance of reading what others have written and responding if they have similar experiences or perspectives.

3. Discussion:

- Facilitate a group discussion to explore key challenges facing youth and identify potential areas for action or support based on the contributions made during the activity.

Strengths and Superpowers:

1. Preparation:

- Pair participants randomly.
- Provide pen and paper for each pair.

2. Implementation:

- Explain the purpose of the activity: to recognize and appreciate each other's strengths.
- Instruct participants to take turns sharing their strengths and unique qualities while their partner listens attentively.
- Encourage participants to imagine they have a superhero alter ego based on their partner's strengths.
- Have participants describe their superhero alter ego, including their superpowers and how they would use them to support youth in need.

3. Sharing:

- Facilitate a brief sharing session where participants can share their superhero alter egos with the group and discuss how their strengths can contribute to supporting youth.

Online Ice-Breaker: Virtual Story Swap

Preparation:

- Before the session, ensure that the video conferencing platform is set up with breakout rooms enabled. Assign participants randomly to these breakout rooms to facilitate interaction among different individuals.
- Provide clear instructions to participants ahead of time about the activity and what they can expect.
- Ensure that participants are familiar with how to use the video conferencing tools, including muting/unmuting, turning on/off the camera, and joining breakout rooms.
- Remind participants to find a quiet and comfortable space for the duration of the activity and to have their microphone and camera functioning properly.

Implementation:

- Start the session by welcoming everyone and introducing the ice-breaking activity: Virtual Story Swap.
- Explain the purpose of the activity, emphasizing that it aims to foster connection and understanding among participants by sharing personal stories.
- Instruct participants to move into their assigned breakout rooms and inform them that they will take turns sharing a short, meaningful story from their lives.
- Encourage participants to share stories about memorable experiences, challenges they've overcome, moments of personal growth, memories with NEET's, challenges that they have overcome by being a trainer or anything else they feel comfortable sharing.
- Remind participants to listen actively and attentively to each other's stories, refraining from interrupting or judging.
- Set a time limit for each story sharing round, such as 3-5 minutes per person, depending on the size of the group.
- Monitor the breakout rooms to ensure that the activity is running smoothly and that all participants have the opportunity to share and listen.

Reflection:

- After the allocated time for story sharing, bring the group back together in the main video conference room.
- Facilitate a brief reflection session where participants can share any insights or common themes they noticed from the stories shared.
- Provide prompts to guide the reflection, such as asking participants to identify commonalities, connections, or moments that resonated with them.
- Wrap up the activity by emphasizing the importance of empathy, understanding, and connection in building a

supportive community, and thank participants for their participation and openness.

Method

The methods used for these ice-breaking activities primarily focus on fostering interaction, communication, empathy, and creativity among participants. Here's how each activity aligns with its respective method:

1. Cross-Interviews:

- **Method:** Peer Interviewing
- **Description:** Participants engage in one-on-one interviews, taking turns asking questions and actively listening to their partner's responses. This method encourages mutual learning, empathy, and relationship-building.

2. Empathy Circle:

- **Method:** Reflective Listening
- **Description:** Participants form a circle and take turns sharing personal experiences or challenges while others listen attentively without interrupting. This method promotes empathy, active listening, and trust among participants, fostering a supportive and understanding atmosphere.

3. Youth Issues Carousel:

- **Method:** Rotating Discussion
- **Description:** Participants rotate around the room, adding their thoughts, concerns, or personal experiences related to different youth-related issues posted on flipchart sheets. This method encourages reflection, generates discussion, and allows participants to contribute their perspectives to multiple topics.

	<p>4. Strengths and Superpowers:</p> <ul style="list-style-type: none">• Method: Creative Visualization• Description: Participants pair up and take turns sharing their strengths and unique qualities, imagining they have a superhero alter ego based on their partner's strengths. This method encourages creativity, positive self-reflection, and recognition of individual strengths, fostering a sense of empowerment and support among participants.
Links/ References	