



Purpose

This is a great icebreaker that can be used at the beginning of a training event, training course or team meeting. It is designed to get delegates to sum up a chosen topic in no more than six words. When used as an introduction activity it can help delegates (and you) get to know each other better. (It can also work well with people who already know each other, when you specify what the topic is to be).

The activity can also work really well as a consolidation (of learning points) during long sessions, by making delegates sum up the key learning points in six words.

Timings

10 minutes (although this can be increased in necessary).

Instructions

As an introduction ice breaker

- Explain to delegates that they have a few minutes to think of six words that best describe them, their personality or their approach to life/work.
- After a few minutes ask delegates to share their selected words with the group.
- A good tip is to record the six words on a flipchart for all the delegates – this way you can show that there is already commonality between people. This will help the process of relationship building.
- The activity finishes when the last delegate has shared their six words.



As a consolidation of learning points activity

- Explain to delegates that you want them to reflect on the key learning points from the course so far.
- Tell them that they have to think of six words (or learning points) that stick in their mind.
- After a few minutes ask delegates (one by one) to tell the group what their selected words or learning points are, explaining their reasoning where necessary.
- You can record these points on a flipchart which will help you to confirm that the key messages are being retained.