

Desert Island



Purpose

The purpose of this ice breaker is to help people get to know one another (even people they currently work with). It is designed to be used at the start of a training event, training course or team meeting and helps to break down barriers apart from being a bit of fun.

Timings

As long as needed. This will depend largely on the type of event being run and the number of delegates attending.

Instructions

- Explain to delegates that they are going to be whisked off to a desert island in 5 minutes.
- They are allowed to choose three things they can take with them.
- They need to write these three things onto a Post-It note and be prepared to place it on a flipchart opposite their name.
- After 5 minutes ask one delegate to come forward, placing their Post-It note onto the flipchart and tell the group what three items they have chosen. The delegate also needs to explain the reasoning behind why they chose those things.
- The activity finishes when the last person has told the group what three things they have chosen.



Asking the delegates to explain their reasoning behind the selected items will give you and other delegates an indication as to how this delegate thinks and whether they are a logical/practical person or whether they tend to dream or fantasise. This could help during the event, course or meeting and can provide a useful reference point.