



Purpose

The purpose of this ice breaker is to help people get to know one another at the start of a training event, training course or team meeting. It works well with people who have never met or even with people the delegates currently work with.

It can also be used as an energiser during a heavy/intense session by creating a bit of fun and helping to re-stimulate people.

A third option is that it can be used to highlight problems associated with our perceptions when judging people simply on what we see.

Timings

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

Instructions

- Ask each delegate to get a piece of paper and write their name on it.
- They then need to discreetly write down a unique fact about themselves – one that no one else in the room will know.
- Having done this, each delegate will hand their paper to you and you will jumble them up so no one knows the order the papers were handed to you.
- You will then read aloud each unique fact and ask delegates to write down who they think that unique fact relates to.
- After reading out all the unique facts, then share with the group who each fact refers to.
- Ask if anyone got all the unique facts correctly matched up to the right delegate.
- Have a brief discussion about how our perceptions can often be incorrect – even for people we work with on a regular basis.



Depending on the objectives of the event/course/meeting, links could then be made to the course content highlighting that if our perceptions can let us down this way, in what other ways can it let us down.