

On me now



Purpose

The purpose of this ice breaker is to help people get a better understanding of each other (even people who already know one another). It works well at the beginning of a training event, training course or team meeting and will help to break down barriers apart from being a bit of fun.

Timings

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

Instructions

- Explain to delegates that they are going to participate in an activity called 'On me now'.
- What they need to do is select something on their person - such as an item of jewellery (watch, ring, necklace etc), clothing (hat, scarf, belt), or anything that has importance to them such as an item out of their wallet/handbag (picture/ photo/ phone etc).
- Delegates (one by one) then need to spend a few minutes talking to the group about where it came from (who gave it to them), why they selected it and why it is important to them.
- The most important element of their description is the "why" element as this will help you and the other delegates to obtain an initial insight into the individual's priorities and perspectives.
- This can sometimes generate some amusing/moving stories that will provide you and other delegates, with some initial insights into each person. This helps to build rapport between delegates and can aid the flow of the main content.
- You go first to show how the activity works.
- The activity finishes when the last delegate has shared with the group the item they had selected.

