

Ice breaker Activity: What made you smile?

Adapted from:

<https://www.sessionlab.com/methods/icebreaker-questions>

Time allocated:

15 mins

Aim:

To provide an opportunity for the learners to share something that made them smile today. By sharing something happy helps to create a positive learning environment for everyone and releases feel good hormones for the learner.

How to:

- Learners introduce themselves.
- Explain to the learners they are encouraged to share one (1) thing that made them smile today.
- The one (1) thing may be:
 - their favourite song played on the radio
 - they achieved something important to them for the very first time
 - someone made them laugh
- Facilitator to acknowledge the various things that made the learners smile.

Outcome:

Learners will learn something new from the other members of the group. Learners will be encouraged to reflect upon how their one thing made them feel and to draw upon those happy feelings if they start to feel overwhelmed.

It will help to create a safe space for learning along with assisting the learner to find ways to overcome negative feelings. This will help to reframe the learner's mindset enabling them to focus upon their learning.