STUDENT EXERCISE

Handout 1 - Icebreaker: Personal Context Exercise

Aims
To help you to get acquainted with your fellow team members
To make the team feel at ease

Introduction
An icebreaker exercise for small groups is a thought provoking conversation, which enables participants to feel at ease with one another. This icebreaker enables the team members to get to know each other through understanding what influences each others lives.

How to use the Personal Context Worksheet

Task 1. Each member of the group will have a Personal Context Worksheet.

Task 2. Individually can you select 6 things that had most influenced your life. These things can be an object, a person, an event, a location, an experience, concepts, philosophy, book, film etc. You can either represent them, as words or images or even drawings – be creative.

Task 3. Place your words/images/drawings in a circular diagram on the Personal Context Worksheet that shows how important they are to the shaping of your life (e.g. the closer the item is to the core of the circle, the more important they are to you).

Task 4. As a group, each member will present their map and talk briefly about the content.
STUDENT EXERCISE

Handout 2 - Icebreaker: Personal Context Exercise

Personal Context Work Sheet

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List of 6 items

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