

Ice Breaker - In the Room

Summary: A game to limit the interference effects of reflective exercises.

Objective: Attention switching by restoring participants to the "here and now" after any exercise that may have raised insights or reactions.

Materials Required: None

Time Limit: 8-10 minutes

How it Works:

1. Ask participants to pair up with a neighbour.
2. Have one partner ask the other 3 questions that relate to where they are, such as: What color is this room? How many people are in it? Describe what your tie (or shirt, or shoes) looks like. Spell your name backwards. Finish by asking, "Are you back in the room?"
3. Have partners switch roles and repeat.
4. Throughout the day, if participants seem to be drifting, ask them to raise their hands if they are still "in the room".