

Ice Breaker - Spot the Difference

Summary: An energizer that tests observation skills.

Objective:

- Energizer
- Attention switching
- Non-verbal communication

Materials Required: None

Time Limit: 8-10 minutes

How it Works:

1. Ask participants to pair up, then stand and face each other. Have participants take a good look at each other for 60 seconds.
2. Ask participants to face away from each other, and then change three things about the way they look. For example, smile, close one eye, cross arms, untie a shoelace, push up sleeves, remove glasses, move a ring from one finger to another).
3. Have participants face each other again for 60 seconds and try to spot the differences.
4. Discuss what was noticed and what was not.