



### Sweeten the Ice

Group Size: Any

Resources Needed: A large bowl of sweets

Method:

Pass the bowl of sweets around the group telling them each to take as many or as few sweets as they like. Ensure that everyone takes at least 1 sweet. Tell participants that they may not eat the sweets until the end of the game. Once everyone has taken a supply of sweets ask them to put their "stock" in a pile in front of them and not to touch them. Begin the game: Asking for a volunteer to be the starting point, ask each in turn to tell the group as many interesting facts about themselves as they have sweets in front of them i.e. if they took 2 sweets then 2 facts and so forth. Watch that no one hides/eats sweets once you have explained the game!!

### Growing the chain



Group Size: Any

Resources Needed: Large paperclips

Method:

Ideally get the group into a circle. Give each person a paperclip. The first person introduces themselves; their name & company/department. They then give the next person their paperclip to join with theirs. The next person introduces themselves; their name & company/department but also re-introduces the person before them and then hands the 2 joined paperclips to person 3 who introduces themselves; their name & company/department but also re-introduces the 2 people before them and so on.... The paperclip chain is an aide memoir to how many introductions participants should give. A test of listening and memory, this reinforces people's identity at the start of a course.