



# Making Learning Fun & Interactive Through Ice-Breakers & Energisers

## Introduction

Ice-breakers and energisers are useful activities to make learning fun and interactive for the participants. There are a wide range of ice-breakers and energisers which trainers and facilitators can include in their training sessions. The following are some simple examples.

## Types of Ice Breakers

### (a) Using Balls

Participants form into a circle and throw balls to different people in the group in certain order. To make the activity interesting, timing can be taken. Alternatively, balls of different colors or sizes can be used. Participants enjoy great fun in having to coordinate with their different team members.

### (b) Using Papers

Working in a team, participants use A4-papers (Recycled) to construct different objects such as the tallest tower, an air plane, a gift box, a bridge, etc. Participants enjoy in applying their creativity and constructing something together as a team.

### (c) Using Paper & Pen

Together in a team, participants solve problems and quizzes such as true & false, multiple-choice questions, crossword puzzle, etc. Participants have fun in sharing their views and learning to appreciate others' different perceptions.

#### (d) Using Buddy

In pairs, participants share different topics such as the happiest moment in my life, my childhood dream, my greatest achievement, etc. Participants feel great in sharing their experience with their learning buddies.

### **Steps to Implementing Ice-Breakers & Energisers**

The following are the steps to implementing ice-breakers and energisers effectively and making the learning memorable for the participants :-

- Step 1    Introducing the Activity  
          e.g. explaining the procedures & rules, demonstrating, etc.
  
- Step 2    Facilitating the Activity  
          e.g. encouraging participation, offering word of encouragement, timing the group, guiding the group, etc.
  
- Step 3    Debriefing the activity  
          e.g. obtaining the participants' feeling about the activity, explaining the learning points derived, etc.

### **Further Learning**

1. Referring to books on 'Training Games ...' and "Games that Trainers Play".
  
2. Applying creativity and designing your own ice-breakers and energisers !
  
3. Attending the Train-the-Trainer Course. Email : [training@trillion.com.sg](mailto:training@trillion.com.sg) for course details.



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