

Icebreaker – Head & Shoulders

Getting to know each other

Up to 15 people (if you keep the pace going this will take about 20 mins for 15)

Draw a simple image of head & shoulders on a flip chart (see below)

Explain that this is an activity to help us get to know each other better and find out things we wouldn't normally find out in a meeting (that you might want to talk about informally later).

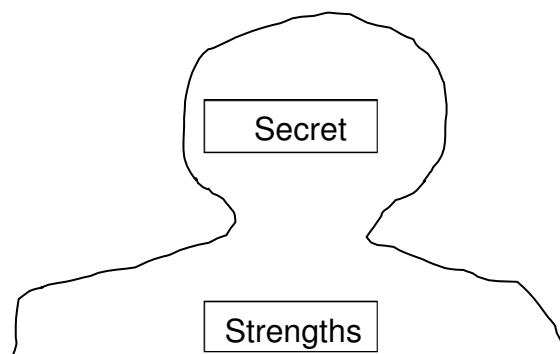
Ask each person to draw a head and shoulders on a flip chart and represent a 'secret' – i.e. something they are comfortable sharing which the others don't know (it can help if you share an example of your own first). Then write strengths. This could be generally or you can focus on what they bring to the team. Most people initially struggle to identify their own strengths so you may need to encourage them.

Variation: ask them to only use pictures (no words). It doesn't have to be a work of art but using images engages a different part of our brains and can help us to be more creative and think differently.

Give them 5 minutes to do it and then a minute each to explain what they have drawn to the others in the team.

Some questions you may want to ask:

- What does that tell us about this team?
- How can we make the most of everyone's strengths?



alyse@eye2eyedev.com

07760 176777

uk.linkedin.com/in/alyseashtoneye2eye

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