

## Ice breaker 1

Ask participants to spend a few minutes chatting to the person next to them and then allow time for participants to introduce one another.

Introductions should include the other person's name and role (and organisation, if the group is mixed).

Ask participants to sit, or stand, in a circle and pass a ball (or other object) randomly from one person to another. Each time a person is passed the ball or object, they must disclose ONE fact about themselves. Make sure that each person has a turn so that some information is known about each participant at the end of this activity.

