



Appendix 1

Icebreakers

Getting to know others

1. Paper airplanes

- Items needed: A4 sheets of paper, pens

Invite everyone to sit in a circle, and on an A4 sheet of paper to write their name and two questions, before folding it into a paper airplane. On the shout of 'Throw!' make sure that everyone picks up a plane other than their own. They then find the owner of their airplane and ask each other the questions. Repeat this a few times and then get people to share what they learned with the group.

2. My name acronym

Instruct the group: *We are each going to introduce ourselves by saying our name with a twist. You will need to spell out your name, but the challenge is that for each letter you must choose a word that describes you starting with that letter. For example - 'My name is Anna: Adventurous, Noisy, Neat, Animal-lover.*

3. Personal treasure hunt

Tell the group to have the bags that they've brought with them on hand. Instruct them that they need to go through their own bag and find certain personal items that fit the descriptions you call out. Alternatively, if all the women have phones you could ask that they find photos that match these descriptions - e.g. *find something that ... you've had for a long time / reminds you of a fun memory / reveals a lot about you / concerns or worries you.* Each woman then quickly explains the story behind the items/photos to the whole group.

4. Speed friending

Get everyone to sit in two rows opposite each other and ask simple questions such as: name, who do you live with, something you love, what you hope to get from this course.

Set a three-minute timer for both people to answer. When the alarm goes off ask one row to move one space to the left and start the timer again.

5. Desert island

Ask the group: *Imagine you've been stranded on a desert island alone. You have all the necessary essential items to survive until you are rescued, but what three things would you also have with you if you had the choice, and why?* Go round the group and have each woman share their three things.

6. Stand up, sit down

Have a quick answer game where if you stand up if you prefer one answer or sit down if you prefer another (alternative version could be to just raise your hand to vote.)

- Dogs (stand up) or cats (sit down).
- Tea (stand up) or coffee (sit down).
- Early bird (stand up) or night owl (sit down).
- Sweet food (stand up) or savoury food (sit down).
- Netflix (stand up) or Disney+ (sit down).
- Italian food (stand up) or Chinese food (sit down).

Feel free to add your own questions.

Team building

1. Play-dough personality

- Items needed: play-dough/ plasticine

Give each woman a piece of play-dough approximately the size of a golf ball. Instruct the group that they need to create a model that represents or describes their personality. After they have finished their models, have each one present it to the group.

2. Break the ice

Before the sessions, freeze two blocks of ice with a small item in the centre of each, such as a bouncy ball or a small plastic heart.

Make two groups and ask them to melt the ice to reveal what's inside. You may wish to provide a few tools to help them - this might be a toy hammer, gloves or a hairdryer. The first group to break their item free wins.

3. Silent order

Tell the group that this is a strictly 'no speaking' icebreaker. The challenge is to form a line based on their order of height / age / door number - in silence. At the end, check that they are in the correct order.

4. Give me five

- Items needed: Post-it Notes, pens

Have the teams get into smaller groups. Start off each round with 'give me five...' and then pick a topic - eg Disney movies, Olympic sports, flowers, dog breeds, superheroes, countries beginning with the letter P, etc. The first team to send someone from their team to you as the leader with a correct list of five answers related to a certain topic wins.

5. Spaghetti towers

- Items needed: packets of uncooked spaghetti pasta, bags of marshmallows, timer

Split the group into two or three smaller groups. Give each group half a packet of uncooked spaghetti pasta along with a generous amount of marshmallows. Similar to the 'Newspaper Towers' icebreaker, each team has five minutes to build the tallest free-standing spaghetti-marshmallow tower. Whichever team has the tallest tower wins.

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Other games for fun

1. After-Dinner mints

- Items needed: after-dinner mint chocolates, or flat biscuit alternative

Give each woman an after-dinner mint chocolate or biscuit. With their heads tilted back, each will need to start off by placing these on their foreheads and make it travel down their face to their mouths without using hands or letting it fall on to the floor.

2. Fill up the cup

- Equipment: a cup and jug of water.

Each person takes it in turns to add water into the cup. It is their choice how much or how little water they add; the only thing they must not do

is allow the water to overspill. The person who eventually overspills the water loses.

You may want to keep repeating this until you have a winner.

3. Limbo

- Items needed: a piece of rope/ribbon or a stick about a metre long to make a 'limbo pole', upbeat music playlist and speakers

With the music playing in the background, ask two women to volunteer to hold the limbo pole parallel to the ground at the same level, starting from above their heads with extended arms up. Have everyone get into a line, one behind the other, and each woman will need to travel under the 'limbo pole' whilst bending backwards (good flexibility is needed for this game!) without any parts of their body touching the pole and no part other than their feet touching the ground. Encourage them to have fun and dance to the beat if willing.

After the last person in the queue has their turn, the pole gradually gets lowered by a couple of inches each time. A player is out of the game when they touch the pole, fall over or don't clear the pole without touching the ground. The last person to successfully pass under the lowest possible pole height wins.