

Ice-breaking Activity MT2.2_1

Duration: 5 minutes

Objective: This rapid-paced ice breaker is designed to encourage quick introductions and connections among participants in a fun, low-pressure environment.

Instructions:

Setup: Ask participants to stand in two concentric circles facing each other. The inner circle faces outwards, and the outer circle faces inwards, so that each participant is facing another participant.

Activity: When you say “Go,” each pair has 30 seconds to introduce themselves to each other. They should quickly share their name, their role, and one interesting fact about themselves.

Rotation: After 30 seconds, ring a bell or indicate somehow that it's time to rotate. Participants in the outer circle move one step to their left, facing a new partner in the inner circle.

Repeat: Repeat the 30-second introductions with each new pair. Continue this process until each participant in the outer circle has met everyone in the inner circle or until the 5 minutes are up.

Closure: Conclude the activity by inviting participants to take their seats. Optionally, you can ask one or two participants to share any interesting fact they learned about someone else.

Tips for the Trainer:

Keep the energy high and the pace brisk to maintain excitement and engagement.

Encourage participants to be creative with the fact they share to make the activity more enjoyable.

Be mindful of the time to ensure that everyone gets a chance to meet as many people as possible within the 5-minute window.