



Icebreakers

Values walk

- Individual
- Pairs
- Small group
- Whole group

Uses: This activity is a 'finding out more' activity that is best done once the group already know each other. It builds on their prior knowledge of one another.

Resources: None.

Time: 5-10 minutes.

What to do:

1. Play some energising music and encourage participants to move around until the music stops.
2. When the music stops, the groups should form trios.
3. Ask each trio to find a spot where they can talk together. Give them a focus for their discussion.
4. When the music starts again the trio disband and continue moving to the music until it stops again, when they form a new trio and get a new focus for discussion.
5. Play as many rounds as you have time for.
Here are some starting points:
 - Talk about the most important thing you learned this year.
 - What are the easiest and hardest emotions for you to express and why?
 - What is something that few people know about you?
 - What do you value in a friend?
 - What do you want to be doing in five years?
 - What is one goal you have for next year?
 - What is a motto you try to live by?
 - What is the greatest challenge you are facing?
 - What do you like most about yourself?
 - What do you value in a loving relationship?
 - What do you value most in life?
 - What is an important belief you hold?

Make it different:

- You may choose to create a trio and let that trio discuss all the topics, introduced one at a time. This will help to build a sense of trust, thus allowing deeper discussion.

Points to make:

- We all have beliefs and values that are very important to us. If we live in line with our beliefs and values we are more likely to achieve happiness. When our beliefs and values clash with how we behave, we are less happy.
- Knowing other people's beliefs and values may help us build stronger learning relationships with them.

