



Energiser

What if...

- Individual
- Pairs
- Small group
- Whole group

Uses: A good process for bringing the group together and for building respect for other people's ideas and thoughts.

Resources: Pre-prepared cards.

Time: 5-10 minutes.

What to do:

1. Sit in a circle and issue each person a different card.
2. Ask people to discuss their 'What ifs' in pairs/threes.
3. Feedback ideas to the whole group.

Make it different:

- Put the cards on or under the chairs before the session begins.
- Display the 'What ifs' and ask people to choose a few to discuss.
- Do the activity, and then ask the participants to make up some of their own.

Points to make:

- There are no daft ideas! Discussing unusual ideas can inspire original thought and creativity.

