

 **AIM:** The aim of the exercise is to break the ice through laughter and movement which strengthens the energy and spirit within the group.

 **Participants:** unlimited

 **Duration:** 5- 10 minutes

 **Required Material:** none

 **Category:** Ice Breakers exercise / Energizer

THINGS TO CONSIDER

- A. This exercise may seem awkward in a shy group, but it is hilarious if participants get involved in the game.
- B. In some groups, this game works better some time into the workshop, when participants feel more at ease with each other.
- C. If there are several facilitators, it is a good idea to have just one facilitator who stands aside, managing the process and keeping time, while the others join in the game to create contact, and thus trust, confidence and reassurance within the group.
- D. This exercise works well as pure energizer without reflection, especially if you are short on time.

STEPS	
Preparation	Ask the participants to stand in pairs on the floor
Activity (5 - 10 minutes)	The game is that one of the two should get the other to laugh doing whatever you can imagine except from touching the partner. This could be to tell jokes, pull funny faces or act like a clown. You set aside 2-5 minutes (no more, or it can become too awkward). Those who fail to get their partners to laugh

	<p>can seek help from others. As the facilitator provides instructions, s/he must have the courage to act in a funny way to show that this is safe to do.</p>
<p>Reflection</p>	<p>If you want to bridge to the next exercise on dialogue spend some minutes reflecting on the effect of the energiser. The reflection after an energizer serves to begin to address the subject: the nature of dialogue and to link to the principles: trust, openness, honesty and equality.</p> <p>Ask participants to reflect on what it is like to be in the room right now compared to before the exercise.</p> <p>Ask the participants to describe the importance of creating a good and more personal contact with other participants in order to begin a dialogue.</p> <p>Examples of further questions: What is communication? How do we build relations? How do we see and perceive one another? How do group dynamics (and relations) affect the scope for dialogue?</p>