

Activities to engage students

The following activities serve as effective tools to initiate and foster positive communication in various social and professional settings. In a classroom these activities are designed to break down initial barriers, create a relaxed atmosphere, and encourage interaction among participants. This gives a great base to make the best out of running the simulation with students.

Icebreakers

Icebreakers are engaging and interactive activities designed to help individuals or groups get to know each other better and establish a comfortable, open atmosphere. These are typically used at the beginning of workshops to break the initial awkwardness and promote communication and camaraderie among participants. Icebreakers encourage participants to relax, engage in conversation, and build connections, making them valuable tools for team building and fostering a positive group dynamic.

- **Human Bingo:** Find the bingo cards from the appendix with different interesting facts or attributes in each square. Teens need to mingle and find people who match the criteria, and they can ask questions to discover commonalities. Feel free to mix and match these characteristics or customize them based on the interests of the teenagers you're working with. The goal is to have fun while learning interesting facts about each other.
- **Emoji Charades:** Compile a list of popular emojis and their meanings. Divide the group into teams, and each team takes turns acting out an emoji without using words. The other teams guess the emotion or concept being portrayed.
- **Escape Room Mini-Challenge:** Organize a simplified, physical escape room experience. Divide teenagers into teams of 4-5 and give each a set of puzzles to solve and a question to be answered within a 5min time limit. This encourages teamwork, problem-solving, and a bit of adventure.





- **Wordless Introduction:** Have each participant introduce themselves to the group without using any words. They can only use gestures, body language, and facial expressions to convey their name and something about themselves. This activity encourages non-verbal communication and observation skills.
- **Reverse Charades:** In this fun twist on traditional charades, the entire group acts out a word or phrase, while one person guesses. This game fosters teamwork and creativity as everyone tries to convey the same idea simultaneously.
- **Back-to-Back Drawing:** Pair up participants and have them sit back-to-back. Give one person a picture or a simple image, and the other person a blank piece of paper and a pen. The person with the picture must describe it to their partner without revealing what it is, and the partner must try to draw it based on the description. It's a test of effective communication and listening skills.
- **Personal Timeline:** Ask each participant to draw a personal timeline on a piece of paper or a whiteboard. They should include significant life events and milestones without any words. After everyone has drawn their timeline, have the group try to guess each person's story based on the drawings.
- **Random Object Story:** Place a variety of random objects (e.g., a rubber duck, a spoon, a toy car) in a bag or box. Each participant takes turns reaching into the bag, selecting an object without looking, and then crafting a brief story or explanation about how that object is related to their life or personality. The catch is to make the connection as creative and entertaining as possible.

