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Seriously Fun Ways to Enhance Learning and Make It Stick!

CSTD and IFTDO Conference 2009

Participant's Handout

name

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Learning Objectives

As a result of your active participation in this workshop, you will be able to use a variety of:

- Icebreakers to set a positive tone for your workshops
- Energizers to keep your audience involved and awake
- Review techniques to reinforce learning

Agenda

Introduction
Icebreakers/Energizers
How Icebreakers and Energizers Differ
Review Techniques
Action Ideas/Evaluation

Let's Have Some Serious Fun!

Opposites Attract – Icebreaker

Objective: To learn about each other.

Timing: 10 minutes

Resources:

- Index cards
- Pens

Instructions:

1. On an index card, write 2 statements about yourself, each using an adjective such as "best, worst, biggest, fastest...". Only use each adjective once. For example: "The best job I ever had was..." "The longest I ever waited in an airport was..." "The most fun I ever had was at..."
2. Write your name on your card.
3. Form teams of 4-5 per team.
4. Pass your cards to one person in your group who will shuffle and redistribute them so everyone has a card which may or may not be their own.
5. Pick one of the two statements and read it out to the group, identifying the author.
6. Compose a statement opposite to the one written on the card personalizing it to fit you. For example: If the card describes the best job the person had, you would say: "The worst job I ever had was..."
7. If time permits, go around the circle again.

Everything from "A-Z" - Energizer



Objective: An energizer that will refresh and revitalize a tired group.

Timing: 5 minutes

Resources Needed: Ahead of time, prepare a handout with the letters A-Z, leaving space beside each letter to write a response.

Instructions:

- 1. Form small groups of 4-5 per group.
- 2. You have 5 minutes to find items in your pockets, wallets, purses or briefcases that correspond to each letter. Write the item beside the letter. **Each item can be used once only.** Remember to qualify the item must be found in either your pocket, wallet, purse or briefcase.
- 3. Be creative -- you can use things like a Visa card, for V, or makeup for M.
- 4. Let me know when you're done.

A _____	N _____
B _____	O _____
C _____	P _____
D _____	Q _____
E _____	R _____
F _____	S _____
G _____	T _____
H _____	U _____
I _____	V _____
J _____	W _____
K _____	X _____
L _____	Y _____
M _____	Z _____

Where in the World Are We? – Icebreaker

Objective: This icebreaker encourages people to work together and have fun, while orienting them to their surroundings.

Timing: 10 minutes

Resources:

- One copy of the trivia sheet per group
- Pens



Instructions:

1. Ahead of time, use travel or history books or the internet to gather interesting facts about the meeting location. Create up to 10-15 questions about that location/region. You can use a variety of question types - true/false questions, multiple choice, open-ended etc.
2. Form groups of 3-4/group. Using the trivia sheet below, work as a team to complete the quiz.
3. As soon as you finish the quiz, the whole team should jump up and shout "Toronto".

Where In the World Are We?

- a) What is longest street in Toronto? It divides the east and west parts of the city.

- b) In 1954 a Hurricane swept through Toronto. It had the same name as the current mayor of Mississauga. True False
- c) Name a famous Toronto sports team e.g. football, hockey, basketball, or baseball.

- d) What is the name of the largest free-standing structure located in Toronto?

- e) Which of the following comedians were born in the Greater Toronto area? Pick all that apply:
 Jim Carrey Dave Thomas Mike Myers
 Dan Akroyd Howie Mandel John Candy
- f) Which of the following athletes were born in the Greater Toronto area? Pick all that apply:
 Wayne Gretzky [hockey] Paul Tracy [race car driver] Nancy Greene [skier]
 Steve Podborski [Skier] Silken Laumann [Olympic Rower]
- g) _____ is the name of the wine region West of Toronto.
- h) What was the name of this city before it was called Toronto? _____
- i) Name 3 accredited universities located in Toronto:

- j) There are 3 islands just off the shore of Toronto harbour. Name them.

This is an Oxymoron...with “Real Potential” - Energizer

Objective: To have fun and stimulate thinking.

Time: 5 minutes

Resources:

- Paper for working at tables or use flipcharts
- Markers or pens
- 2 examples of oxymorons on a slide or flipchart



Instructions:

1. Define what an oxymoron is. According to Webster’s Dictionary, “an oxymoron is a figure of speech in which opposites or contradictory ideas or terms are combined”.
2. Give a few examples (jumbo/shrimp, real/potential, organized/chaos etc).
3. Form groups of 3; appoint a group recorder.
4. List as many oxymorons as possible in 3 minutes.
5. Have each recorder tally the number of oxymorons they wrote down.
6. Congratulate the team that listed the most oxymorons.

Source: Adapted from *The Big Book of Team Building Games*, John Newstrom & Edward Scannell.

Oxymorons

Strain Your Brain -- Icebreaker

Objective: This challenging activity will revive tired participants preceding the need to have them think “out of the box”. There is more than one way to solve this challenge but there is one way that is a bit more creative than the others.

Timing: 5 minutes

Resources: Six golf pencils for each group of 3-4 people



Instructions:

1. Divide into groups of 3-4 people.
2. You have up to 5 minutes to figure out how to make 4 equal triangles with 6 pencils.
3. You must use all 6 pencils to make the triangles and you cannot use any other resources. You cannot break the pencils into pieces.

Debrief: Lead a discussion about there being more than one way to solve a challenge, especially if people think creatively.



Think; Pair; Share (TPS) – Interactive Presentation Technique

- Individually reflect and jot down your answers to the two questions below.
- Pair up with someone and share your thoughts/ideas.

How are Energizers different from Icebreakers?

What are the benefits of including icebreakers in your training?

Pull/Push – Interactive Presentation Technique

- If you are presenting information on a PowerPoint slide and you anticipate that the **participants know at least some of the points you have on the slide**, then **before showing the slide**, pose an open-ended question to the audience that, if they answer it correctly, it will enable you to PULL from them the content they know that you have on the slide.
- If they give you all of the points on your slide, congratulate them and go to the next slide.
- If they miss one or more important points, use your slide to PUSH only those points at them.

Why do we sometimes hesitate to use icebreakers?

How are TPS and Pull/Push techniques different?

Hot Potato -- Review

Objective: Did you ever play hot potato as a kid? Here, we've adapted it as a way to review content.

Timing: 10 minutes

Resources:

- One scrubbed potato for each team of 5-6 participants
- Music and prepared review questions



Instructions:

- The object of this exercise is to keep the potato moving (because it's "hot").
- When the music stops, the participant left holding the potato must answer a review question.
- Other participants can help the person who is answering the question but only after they've given it a good try.
- Start the music and stop it at will. Continue as time permits.

Debrief: Go over any questions the participants had trouble answering.

The Object of My Desire - Review

Objective: To add a bit of fun and energy to the review process.

Timing: 5-10 minutes

Resources:

A bag filled with random, small objects, such as miniature toys, an eraser, candy bars, and other office supplies or items from a dollar store.

Instructions:

1. Form groups of 5-6.
2. One person from each group pulls one object from the bag.
3. The group has 30 seconds to make up a story about something they learned in the training, using the object.
4. Repeat with additional objects as time permits.

For example:

"This eraser will help me erase all the ineffective ways I was talking to my customers, so I can use the effective ABC techniques I learned today."

"This deck of cards will help me trump the competition when I use the XYZ strategy we discussed this week."

Debrief: As time permits, have the groups share their ideas with the whole group.

Wedding Theme - Review

Objective: To review/reinforce learning

Timing: 10 minutes

Resources: None

Instructions:

Work in small groups and share the following information:

1. Something OLD that you already knew about the content presented today. This could include something you forgot and were reminded of today.
2. Something NEW that you learned in this session.
3. Something BORROWED: something you learned from another participant or the facilitator that you plan to use/try.
4. Something BLUE: something you hope to do differently as a result of attending this workshop (blue being the color of the heavens, and of hope).
5. Use the Action Ideas (page 8 of this handout) to record your ideas.

Source: Contributed by H  l  ne Meloche of H  l  ne Meloche Communications



Resources

Contact Christie@trainingmakescents.com to learn how Training Makes Cents Inc. can help you can bring Seriously Fun™ training to your workplace.

Drop by our booth #304 to learn about Christie's new book ...**425 Seriously Fun Ways to Enhance Learning and Make it Stick**. This book can be purchased at the "Books for Business" booth #505. I will also be at the "Books for Business" booth for a book signing from 1:30-2:00 pm on October 22.

To sign up for our Seriously Fun™ Training Tips newsletter, visit our website at www.trainingmakescents.com or drop your card in the "Objective of My Desire" Bag

For any trainers who work in pharmaceuticals, biotechnology, healthcare or medical devices, please ask us about **Prescription for Success: Building Relationships for the Pharmaceutical & Biotech Industries** available at www.trainingmakescents.com.

