

**My favourite guidance tool:** Warm-up Activity; Getting to Know You

Time: 10-12 minutes

Age Group: Adult

### **Introduction**

Participants sit in a semi circle. Participants introduce themselves by saying their name and where they work.

Participants are broken into smaller groups. A range of techniques could be used to do this, for example participants could be given a number.

### **The Activity**

Participants are asked to speak about their favourite holiday. Each person must be given the opportunity to talk. Two minutes will be given for this.

Participants are broken up again. Participants are asked to talk about their best working experience (in this case as a Guidance Teacher). Two minutes will be given for this.

Participants are broken up again. Participants are asked to talk about the best film they ever saw. Two minutes will be given for this.

Students sit back in the larger group and discuss the activity. All participants should have had the opportunity to talk to each other at this stage.

I have found this to be a very successful and non-threatening warm-up exercise.(One other guidance tool I have used is called Go Careers and Career Direction)

- By James Brady (Ireland) -