



Exercise nr 1: Self portrait

Duration	10-15 min
Type of activity	Social / Body / Emotional / Cognitive
Goal of the exercise	Getting to know each other Sense the mood of the group
Group size	10-15 participants
Hashtags	#warm-up #energizer #drawing #visual
Apps	n/a
Materials	Before the meeting make sure that each participant will have prepared an A4 sheet of paper and a pen, marker or pencil.
Exercise agenda	<p>Ask the participants to take a sheet of paper and a pen or a pencil. Then ask them to put a paper on their faces and take the pen. While keeping the sheet of paper on their faces ask them to draw the outline of their faces. Tell them not to forget about their eyes, eyebrows, nose, mouth and hair.</p> <p>Encourage the participants to share their work with the group and, depending on the purpose of the exercise:</p> <p><u>At the beginning of the meeting</u> As a warm-up: Describe this person, whom you drew. Who is he/her? How does this person feel? What is he/she thinking? As Making Connection and increasing involvement: What he/she expects from this meeting/training?</p> <p><u>In the middle (introduction to the next part of the meeting)</u> As a check-in: Gives you the opportunity to distance from oneself, for example: How does this person feel so far? Or how does he/she feel at this moment?</p> <p><u>At the end</u> you can ask participants for a group picture while they present their self portraits. As the evaluation/reflection: What did the person learn today? Was he/she satisfied with the workshop/training? What will he/she take away from this experience?</p>
Possible modifications	We recommend this as a warm up for the beginning of the training but you can also use it for the end of your meeting as a summary or meeting/job satisfaction survey at the end of the meeting.
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