



Exercise nr 3: Window view

Duration	15 - 20 min
Type of activity	Social / Body / Emotional / Cognitive
Goal of the exercise	Getting to know each other Sense the mood of the group, breaking the ice
Group size	10-15 participants
Hashtags	#warm-up #energizer #visual
Apps	Padlet
Materials	Before the meeting, ask participants to have their smartphones nearby.
Exercise agenda	<p>Ask participants to take a picture with their smartphones of the view from their window from where they are right now.</p> <p>Prepare a padlet app - ask each person to upload a photo to the Padlet.. Next to the photo each person can write their name.</p> <p>A collage of photos will be created. Talk for a while about what you see in the pictures, did anything surprise, interest or amuse you?</p> <p>You can use this exercise at the beginning of the meeting - to get participants comfortable. It works well also after a break, before the group returns to the main topic of the meeting.</p>
Possible modifications	If someone does not have access to the window or does not want to share the view, ask them to take a picture of their room/desk/table or you can ask to search in google for the window view participants would like to show as their contribution to the exercise.
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