



Getting Together: Icebreakers and Group Energizers

Lorraine L. Uken



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These brief, interactive games and activities raise your participants' awareness and prepare them to learn something new. Designed to be fun and energizing, the activities help people overcome the initial anxiety common among new acquaintances or in group situations. This collection is conveniently divided into two categories: 1) icebreakers, which encourage mixing, and 2) group challenges, which energize and build team cohesion. Use these games to:

- * Promote interaction
- * Introduce your topic
- * Ease anxieties regarding sensitive or emotional issues
- * Form partnerships or teams during the session
- * Help people feel comfortable with the environment, the topic to be discussed, and one another
- * Gain control of a group
- * Get meetings started on a stimulating note

Each game is presented in a concise and easy-to-follow format. You'll get details such as objectives, materials required, preparation, activity instructions, variations, discussion questions, group size, time required, and reproducible worksheets or material templates. Use these icebreakers today to energize your group for the work ahead!



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From reader reviews:

Alice Christensen:

Have you spare time for the day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a go walking, shopping, or went to typically the Mall. How about open or maybe read a book called Getting Together: Icebreakers and Group Energizers? Maybe it is for being best activity for you. You recognize beside you can spend your time together with your favorite's book, you can more intelligent than before. Do you agree with their opinion or you have various other opinion?

Melvin Schroeder:

Playing with family in a park, coming to see the coastal world or hanging out with buddies is thing that usually you may have done when you have spare time, subsequently why you don't try factor that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Getting Together: Icebreakers and Group Energizers, you may enjoy both. It is fine combination right, you still need to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't get it, oh come on its known as reading friends.

Sara Matthews:

That guide can make you to feel relax. This book Getting Together: Icebreakers and Group Energizers was colorful and of course has pictures on there. As we know that book Getting Together: Icebreakers and Group Energizers has many kinds or type. Start from kids until young adults. For example Naruto or Investigation company Conan you can read and think you are the character on there. Therefore not at all of book tend to be make you bored, any it offers up you feel happy, fun and loosen up. Try to choose the best book for you and try to like reading this.

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