

ICEBREAKER SUPERPOWER



OBJECTIVES:

- Break the ice!!
- Get to know each other and create a good atmosphere in the group



AXES:

Identification of internal and external resources



STEP BY STEP OF THE ACTIVITY

>> Introduction to the activity:

Invite participants to think of a superpower they would like to have in life.

>> 1st part of the activity:

Ask participants to think about how to mimic this power with their body so that the other participants can guess it.

>> 2nd part of the activity:

In turns, ask them to act out their power while the others try to guess. They will then reveal their power and explain the reasons for their choice.



METHODOLOGY:

Image theatre



DIGITAL TOOLS INVOLVED:

computer/mobile phones with video cameras, sound and microphone.



DURATION:

2 minutes per participant

PLATFORM USED:

Zoom/Meet/Jitsi



TIPS FOR THE PERSON DOING IT

For a better understanding, you can start by giving an example to the participants yourself.



THEORETICAL FRAMEWORK

Starting an online workshop with an ice-breaker is not only a fun touch, but an effective psychological and pedagogical strategy to encourage participation, learning and connection. A group that feels comfortable and engaged from the start is much more likely to interact and get the most out of the workshop.