

## Relationship skills with others

Ice break:

3. Group Introductions. (Time: 1 1/2 - 2 hours) Participants are divided into small groups and asked to spend about 20 minutes getting to know each other. Each group then prepares a short skit, song, dance or collective drawing that represents something special and significant about the small group as a whole. Then each small group presents their representation of themselves to the large group. Afterwards, some time should be spent discussing how the activity contributed to communication. The facilitator can summarize the activity by mentioning the range of interests and abilities that were revealed by the presentations.

### Wolf pack activity :

(To do with a dance/sportive association). / Energizer required before - maybe stretching, vocal stretching)

1. Groups of 4 people. – They should stand in the shape of diamond (each person in a corner and everyone facing the same direction).
  2. The person that is on 'the top' of the diamond is the leader of the pack. Whatever he/she does the others should do the same. Movements, walk, run, really whatever!
  3. On the moment that, after a repercussion of a movement, the participants start facing another person, this one now is the leader.
  4. The pack should manage their time to everyone be leader, and they can change as many time the packs want.

(Reflection time: in which position everyone felt better? Leading or following? Why? ....)