EUROPEAN GaNoM
Education, Research & Innovation

# ICE BREAKING ACTIVITY

## WOOL BALL



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# SUMMARY


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# 1. FORMAT AND OBJECTIVES

The wool ball format is a creative and **interactive ice-breaking activity**. The objective is for participants to get to know each other better by passing a ball of wool around the group.

Throughout the activity, participants will create a **web of connections** that visually represents their relationships and collaborations. This ice-breaker facilitates introductions and connections among participants who do not know each other.




**20 - 25 minutes**

**Plenary session**
**1 trainer**

**Ideal for the beginning of the staff training week**

**Team-building session**

**Positive and inclusive atmosphere**

# 2. METHODOLOGY

## 01 Preparation

The trainer gathers several **different coloured** pieces of wool of **various different lengths** and screws them all up together until they make a ball.



## 02 Starter

The trainer gathers participants **in a big circle.** He/she starts the activity by holding the end of the wool ball and shares a short response to the following questions :

**'Who are you ?" "What do you expect from the staff training week" ?**

## 03 Activity

The trainer passes the wool ball to someone else across the circle **while holding onto a section of the ball.**

The participant picking up the wool ball shares a short response to the questions.

The process continues as each person shares their responses and passes the wool ball.



## End

The activity creates a web-like structure, that you can photograph.

If possible, depending on the weather and space, **organise this activity outdoor**.

It encourage physical movement, spontaneous interaction, and genuine bonding in a more relaxed and refreshing environment.

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