

EXERCISE:

# Miming

FORMAT:

GROUP  
EXERCISE,  
ICEBREAKER

TIME: 15 MINREQUIRED MATERIALS: NONESUMMARY:

*This is a simple exercise that can be used at any point in the day to help participants to express their feelings without words. It is fun and easy, but also reveals a lot about the mood of the group.*

KEY EXPLANATION POINTS:

- Ask each participant to go into the middle of the circle and 'mime' how they feel (that is, show without words, just movement).
- This can also be helpful feedback for the evaluation process.

FACILITATION NOTES:

Participants may initially feel shy to express themselves, but as they warm up, they will tend to be very creative, moving and funny.