



PARENT ORIENTATION: ICE-BREAKERS

MOVING FROM ANXIOUSNESS TO ANTICIPATION

SUGGESTED ICE-BREAKERS

1. KEEP THE BALLOON HIGH IN THE AIR!

- **Theme:** Partnership
- **Objective:** To keep the balloon in the air and not let it touch the ground.
- **Purpose / Takeaway:** When both parents and teachers have the child as the centre of their focus, they will partner and put in every effort to keep the child safe and help him rise high.
- **Group Size:** 80-100 parents.
- **Sub-group Size:** 10-15 parents with at least one participant teacher in each group.
- **Time:** 15 mins.
- **Prop:** One 12-inch round balloon per group.
- **Instructions :**
 - *Divide the parent body into smaller groups of 10-15 each. Get a teacher to join in each group.*
 - *Hand each group a balloon, ask them to blow it and tie a knot.*
 - *Ask them to form a circle.*
 - *Tell them that, on your cue, they are to put the balloon in the air. Between them they need to work together to keep the balloon in the air.*
 - *Ask if the parents need any clarifications on the instructions.*
 - *Start the game!*

Rules: *What happens when a balloon hits the ground? Parents can pick up the balloon and continue playing the game (the purpose of the game is to have maximum group interaction and fun).*

- **Variant of this game:**

- *Ask the parents to make two circles. Ask some teachers to join the inner circle.*
- *Hand over the balloon to the inner circle and instruct them to keep it safe, while keeping the balloon in the air.*
- *Instruct the outer circle to try and take away the balloon from the inner circle.*
- *So, now the inner circle is trying to keep the balloon up and the outer circle is trying to take it away. (The external circle is like the many challenges which a child may face for instance of time, peer pressure, exam stress, etc. and the inner circle is of parents and teachers who are trying to keep the balloon (child) safe.)*

- **Facilitator Notes:**

- *Be alert for potential collisions as the group's collective attention will be on their balloon. You may want to suggest to your groups that each person "calls" for it when it comes to them to avoid collisions.*
- *Hold a reflection time at the end of this game and ask parents how it felt when the balloon hit the ground, or when they were able to save it from hitting the ground. What analogy can they draw from this in the context of schooling of their child?*

This ice-breaker has been adapted from

http://www.firststepstraining.com/resources/activities/archive/activity_balloon.html

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2. BALANCING A GLASS OF WATER!

- **Theme:** Partnership
 - **Objective:** To hold a glass of water on a sheet without spilling water from it.
 - **Purpose/Takeaway:** Creating an ecosystem for nurturing the child in the best possible way is a fine act of balance.
 - **Group Size:** 80-100 parents.
 - **Sub-group Size:** 10-15 parents
 - **Time:** 15 mins.
 - **Prop:** One glass of water and one sheet per paper.
 - **Instructions :**
 - *Divide the parent body into smaller groups of 10-15 each.*
 - *Hand each group a sheet and a glass of water.*
 - *Ask them to hold the glass of water steadily on the sheet.*
 - *Tell them that, on your cue, they should walk from the start to finish point, without spilling the water from the glass.*
 - *Give them 7-10 minutes to do this.*
 - *Ask for questions.*
 - *Ready, set, go!*
- Rules:** *What happens when the water spills from the glass? You may instruct the group to just continue walking making their best efforts to keep the spillage to the minimum.*
- **Facilitator Notes:**
 - *Be alert for potential collisions as the group's collective attention will be on the glass of water.*
 - *During reflection ask parents about how they can draw an analogy between balancing the glass of water on the sheet and nurturing their own child.*



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3. PASS THE HOOP

- **Theme:** Teamwork
- **Objective:** Standing in a circle, the hoop has to be passed by one parent to the next, while continuing to hold each other's hands.
- **Purpose/Takeaway:** It takes teamwork to help a child go through various stages of learning and growth.
- **Group Size:** 80 - 100 parents.
- **Sub-group Size:** 30 - 35 parents
- **Time:** 15 mins.
- **Prop:** Three small sized hula hoops.
- **Instructions :**
 - *Divide the parent body into smaller groups of 30-35 each.*
 - *Hand each group a hula hoop.*
 - *Ask them to hold hands and form a circle.*
 - *Tell them that, on your cue, they should start passing the hula hoop to the person next to them without letting go of each other's hands.*
 - *Give them 15 minutes to do this.*
 - *Ask for questions.*
 - *Ready, set, go!*
- **Rules:** *What happens if while passing the hoop the parents release their clasp of hands? You can instruct them to hold hands again and re-try. They should continue to do this until they reach their goal of completing the transfer of the hoop back to the starting point.*
- **Facilitator Notes:**
 - *Be alert for potential falls as parents slide the hoop through their bodies.*



- *During reflection ask parents about what role each team member played in the skilful transfer of the hoop. What analogy can they draw from this in the context of learning and growth of a child?*

This ice-breaker has been adapted from

<http://www.serviceandinclusion.org/conf/HSHT-Team-Building-Ice-Breaker-Manual-2008-09.pdf>