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These are activities suited to the group's needs (an example is given below), which link the afternoon and morning sessions.

Before the afternoon session, decide on the most suitable activities for your group. Begin by addressing any burning questions, issues from the morning and reminding the group of the programme. Choose a warm up activity to suit the group's needs.

Ensure any activity takes into account issues of inclusion, for example make sure activities don't involve lots of physical activity, particular skills or abilities, or rely on specific cultural references as in some types of quiz. For an example of a warm up see below.

### Party invitation

This activity is particularly useful at the beginning of a day or half-day, if a group is slow to get to know or work with each other.

#### ***Time required***

15 minutes

Tell the group they are invited to a party. Each person will bring something, so go round the room and ask each person to say their name and what they will bring (for example 'I'm Lena and I will bring a cake').

Explain that participants will then go up to someone else and 'swap' their contributions, saying for example: 'I'm Lena please have my cake.'

The recipient will then thank them, say their own name and offer their contribution. The recipient thanks them using their name then, remembering their new gift, will take it to the next person to swap.

Invite the participants to begin swapping their imaginary presents. After as many chances to exchange as possible, tell them to stop after the next 'swap' and to bring their latest gift. In a circle, ask participants what they have brought to the party. There is usually a large discrepancy between the original list and the final list of contributions – and the number of one particular item that seems to be remembered can be quite amusing.