

■ Stress Management Trainer — Icebreaker Activity Cards

Print and cut out these cards for use at the start of your training session | trainerresources.com

Two Truths & a Lie

■ 10 mins

Share two true facts and one lie about yourself related to the topic. Others guess which is the lie.

Speed Networking

■ 10 mins

Pair up and share: your name, job role, and one thing you hope to learn today. Switch pairs every 2 minutes.

Topic Bingo

■ 15 mins

Find someone who has experience with each topic on your bingo card. First to complete a line wins!

Question Ball

■ 10 mins

Throw a soft ball around the room. Whoever catches it answers a question about the topic from the trainer.

Post-it Expectations

■ 5 mins

Write your top expectation for today on a post-it note and stick it on the board. Review at the end.

Scenario Sort

■ 15 mins

In pairs, sort the scenario cards into 'would handle well' and 'need more training'. Discuss your choices.