

Filling Your Extension Toolkit: Warm Up Activities



Flip-Chart Frenzy

This is a quick, energizing way to get the group to share ideas, impressions, knowledge, etc. The facilitator posts several flipcharts around the room with self-explanatory topics or questions, such as: “What does someone with a good professional image look like?” or “Your tips for managing time effectively”, “What does a great presenter do?”. Participants move among the flipcharts to add their information. You can even ask them to use pictures instead of words on one of them. To keep people moving, use a whistle and blow it every 2-3 minutes, signaling them to move to another flipchart. Everyone is expected to add one item to each of the flipcharts.

You can ask for one participant to “facilitate” the processing of one of the flipcharts. Get your volunteers before the items are added to the flipcharts. Each of your facilitators (depends on the number of flipcharts) reviews what’s on the flipcharts.

Finally, you transition the flipchart exercise to the first instructor and topic for the day.

Required Materials

- Flipcharts and markers. Use different colored markers so it’s easier to distinguish between the entries on the pages.

Facilitation Tips

- Remember, you only have 15 minutes. So, quickly introduce the exercise and give instructions. Their responses should be brief and succinct.
- Post your flipcharts around the room, taping the bottom up to the top of the page, so they cannot see the topic before you start the exercise.
- Give them 2-3 minutes to write down their ideas before moving onto the next flipchart.
- Take the final 5 minutes to review the ideas shared.
- Transition to the first instructor and topic.