

## Filling Your Extension Toolkit: Warm Up Activities

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### Traffic Lights

This activity can function as a quick overview and assessment of current knowledge. Adult learners like to know what to expect so this overview technique provides a visual map of topics for a whole course, part of a course, lessons or key topics. As the facilitator, you review the map for the group and talk about the exciting things that will be covered during the day. Participants then put green, yellow, or red dots on your visual to indicate their current level of comfort or knowledge with the topics. Throughout the day, the facilitator can add a “We Are Here” symbol to the map to show progress.

This type of overview benefits visual learners. Instead of just a written list of topics, use a visual representation – of a journey, a neighborhood with streets, a highway, or a map. To create a wall-sized visual, you can use flipcharts taped together on the wall.

This lets the whole class (and the facilitator) know which topics are anticipated to be the most challenging. You can also indicate that those with green dots (very comfortable) could be used as “coaches” to other participants. Participants should put their initials on their green dots.

If your dots can be moved later on in the day, your participants can show what their level of comfort is after you’ve covered the topics.

### Required Materials

- Flipcharts, tape and markers to construct the visual map
- Adhesive dots – red, green and yellow; or dots sprayed with adhesive if you want to be able to pick them up or move them at the end of the day.

### Facilitation Tips

- You will need to review the agenda, identify the topics and interview the facilitator for more details about the topic.
- Decide how many dots to give each participant – do you want them to put one of the 3 colored dots on each topic? Or, put dots next to the 3 things you’re most comfortable with (green dots), the 3 things that you think might be the most challenging (red dots), or 3 things you’re not sure about (yellow dots).
- Remember, you only have 15 minutes. So, spend 5 minutes walking the group through the map and giving them instructions.
- Give them 5-7 minutes to get up from their chairs and add their dots.
- Take a few minutes to process what you see on the map. Ask them what they see and draw conclusions from the group.
- Make a transition from this activity to the instructor for the first topic.