

## Filling Your Extension Toolkit: Warm Up Activities

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### **Reaction and Reflection**

In this activity, the participants react to a role-play, a skit, or a visual and share their observations and feelings with each other. This is a modified version of a facilitator-led focused conversation and can be used with many different types of content.

For example, in a course on supervisor –employee relations, the facilitator plays a supervisor doing a performance review with an employee. Participants observe and are asked after the role play: What did the supervisor do well? What do they need to work on? Prior to beginning the exercise, the facilitator may want to set the scene, introducing the characters and advising participants on what to pay special attention to.

### **Required Materials Facilitation Tips**

- None, unless the role play requires props.
- Remember, you only have 15 minutes. So, quickly introduce the exercise and give instructions.
- Practice your role-play and keep the focus narrow. Be sure it includes good and bad examples. Keep it short.
- Write good questions for the reflection.
- Ensure that everyone contributes to the activity.
- Transition to the first instructor and topic of the day.