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| **Learning Program:** | Ice-breaker |
| **Session Title:** | STRIKE A POSE | **Date and time:** |  |
| **Medical Educator(s)** | Catherine Eltringham |
| **Outcome(s) for session:** | Aims: meet new people, practice listening (ME’s do enough talking) and form small group bonds through ‘almost’ dancing. |

| **Topic** | **Timing**  | **Content / Key Points of Learning**  | **Facilitation Method / Learning Activity** (What will the registrars be doing?) | **Resources Required** |
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|  |  | STEP 1:Break into groups of 4 (or 5 or 6), play music, move around the room to form groups with people not well known to yourself. (as much as possible)Each group gets a ‘speaking token’. | Move into even groups of 6 with people you do not know well.  | Music and speaker / microphoneVogue - Madonna |
|  | Number of groups x 60 seconds+ 5 seconds to pose and move on | STEP 2:First group member holds the token and gets 90seconds to tell the group about themselves in as much or as little detail as they like. No one is allowed to interrupt, talk or ask questions. “WHO, WHERE, WHEN, WHY”  | One person takes the ‘speaking token’45 or 60 or 90 seconds to talk about themselves. No one can interrupt or prompt. Can stand in silence if done. | Feathers / Token – one per group |
|  |  | At the end of allocated time a bell will ring (or call out STRIKE A POSE, if you don’t have a bell) and the speaker will strike a pose.Their group is to copy this pose.  | On bell speaker to STRIKE A POSEGroup will copy thisThen hand token to next person**Facilitators to demonstrate** | Bell |
|  |  | Repeat step 2. 6. At the end of allocated time a bell will go and the speaker will strike a pose, their group is to copy this pose, then repeat the first pose.7. Repeat step 2.8. Repeat Step 6, now a series of 3 poses9. Repeat 7 and 8 until everyone in the group has had a turn. | Person with token speaksAt Bell poseGroup to put the poses in sequence Hand on tokenRepeat until everyone has had a turn |  |
|  |  | All small groups turn to the centre and one at a time the small groups will demonstrate their ‘secret handshake’ = series of poses’ to the larger group. | They have danced! |  |
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**Reflection** *[Post session - what felt good, what “worked, informal feedback from registrars / MEs, what would you change for next time]*