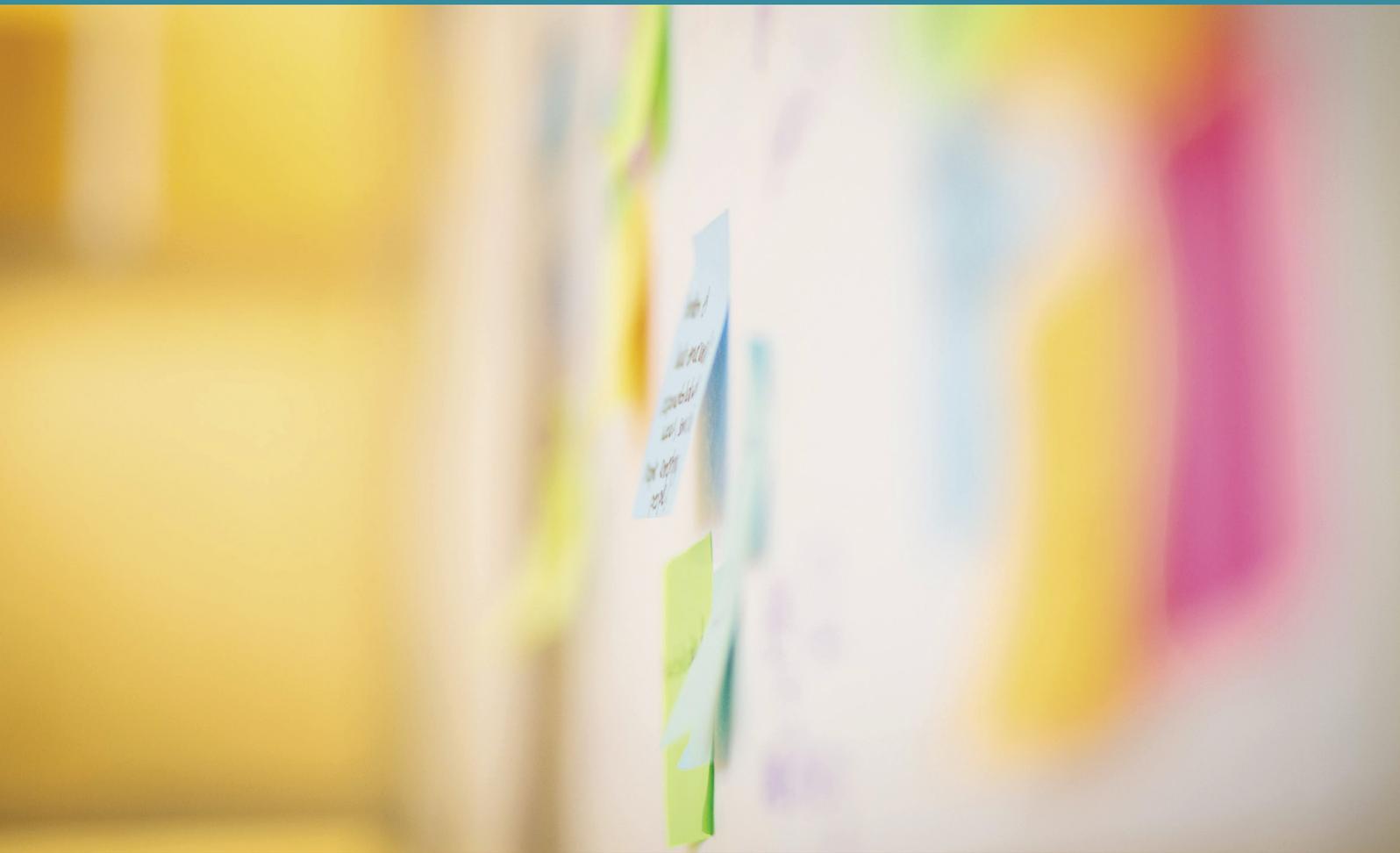


Care-full Stories workshop: Introductory activities

November 2022



Aims and objectives

These are examples of how a workshop of this kind can be eased into. They can and will differ depending on the needs of each individual group and decisions made by each facilitator, as well as time limitations. Workshops will also differ online to in person (see below).

Aim:

To level the power dynamics in the room and ensure everyone is comfortable contributing and participating across the work hierarchy.

Objective:

Most script or theatre-based workshops begin with warm ups and ice breakers to build up comfort through a series of exercises that encourage participation, vocalisation and being comfortable with other people in the room, as well as encouraging fun.



2



Ice-breaker 1: Snowball

Suggested time allowed: 5 to 10 minutes

AIM: Begin engagement of participants without forcing vocalisation

Online:

The facilitator asks a series of general questions. Without too much thought participants respond in the chat box. *In person these answers are anonymous (see below), in the online version they are not.*

Example questions online:

- What room are you in?
- What's the most distracting item in the room you are in?
- If you could be anywhere else to have this meeting, where would it be?
- What's your favourite thing about working from wherever you are?

In person:

The facilitator asks a series of general questions. Without too much thought the participants write down answers on pieces of paper and throw towards the facilitator. Facilitator picks up and reads some answers. Repeat three times (or however many necessary).

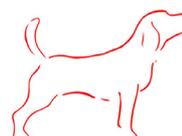
Materials needed: Paper and pens/pencils

Example questions in person:

- How did you travel here today?
- What's your favourite vegetable?
- If you were an insect, what would you be?



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Ice-breaker 2: Shout answers

Suggested time allowed: 5 to 10 minutes

AIM: To begin to feel comfortable speaking within the group

Online and in person:

As above, except now the answers are simply shouted out (altogether, so no voice is highlighted). Similar, silly questions like the above. Again, the answers themselves are not important. Facilitator can respond to some if it might be fun and appropriate. Chaos is fine here!



4



Ice-breaker 3: Name game

Suggested time allowed: 5 to 30 minutes

Time allotted depends on the size of the group, and whether online or in person. In person this game can go for the longer time period. These are played differently online to in person.

AIM: This is to allow everyone to familiarise themselves with the group and introduce themselves

Online:

“Where in the world is....?” Online this game also serves to highlight that we are in an online situation.

Level 1: (names only)

Facilitator asks the group “Where in the world is [says someone’s name]?” Each participant then points to wherever that person appears on their own screen (each participant has a name visible in the corner of their screen). The person who was called then repeats this process, etc.

Level 2: (name and word association)

Facilitator begins by saying someone’s name, followed by any word. The person names someone else and says any word they think of, associated with the word they have just heard.

In person:

All participants stand in a circle. This game allows everyone to become familiar with other people’s names while also being fun.

Level 1:

Person 1 says someone’s (Person 2) name out loud, makes eye contact and moves towards them. Before Person 1 reaches them Person 2 must choose a Person 3, say their name, makes eye contact and moves towards them etc.

Level 2:

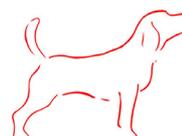
Repeat, but this time participants say their own name and move towards someone. This inevitably goes wrong and makes people laugh.

Level 3:

The word association element can also be added here.



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Ice-breaker 4: Draw the animal

Suggested time allowed: 5 to 10 minutes

AIM: For fun, allowing people some lightness. Online it also allows everyone to disconnect from the screen for a moment

Materials needed: Paper and pen

This works the same online and in person:

The facilitator names an animal.

All the participants have one minute to draw their version of that animal. When the time is up the facilitator picks one and explains why they like it or why it has spoken to them (it's not about being good!). Whoever they choose then names an animal. Everyone has 30 seconds to draw it. They choose their "winner". That person then chooses a new animal and everyone has 10 seconds to draw it. When they choose a picture, the activity ends.

This can be done with more or differing intervals, whatever suits the workshop's needs.



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Ice-breaker 5: Find something in common

Suggested time allowed: 5 to 10 minutes

AIM: The aim of this exercise is to allow participants to get to know each other a little better by finding things they have in common

The group is divided into smaller groups (this will depend on the size of the group and the amount of time available). They are given three minutes (time can vary) to discover something that everyone in the group has in common.

Certain limitations are placed on this to encourage the conversation. For example, it shouldn't be things that would be obvious to the group, such as: everyone speaks English, works with or about animals. Nor should it be anything externally obvious, such as: everyone is wearing the same colour jacket.

Good examples include: Everyone prefers French-fries as a complex carbohydrate, everyone has an older sibling called Mary etc. The more specific, the better! When the time is up each group shares what they discovered.

Online:

This can be done online if the group is fairly small (e.g. five) or if there is an easy break out facility (e.g. into virtual rooms).

In person:

The smaller groups simply move to different spaces in the room.



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Ice-breaker 6: Pop goes the weasel

Suggested time allowed: 5 to 10 minutes

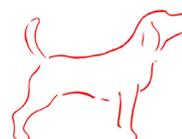
AIM: For fun, allowing people some lightness. Online it also allows everyone to disconnect from the screen for a moment

Online:

Everyone except one person hides from their screen. In their own time they come on screen doing a particular action (large or small, whatever they want). The person in the "middle" has to copy everyone's movement. Once someone sees their movement copied they have been metaphorically popped on the head and leave the screen. Then they come back with a new movement. Do this for a minute or so, then change the person in the "middle".



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Ice-breaker 7: Three things

(Suggested time allowed: 5 – 10 minutes)

This works the same online and in person:

Person A states that they need three things, then lists three things that might vaguely fit together. At the start of the phrase they mention the name of another participant who will go next, e.g. “Beth, I need a shovel, I need some sand, and I need the sea”.

Beth will then start the next round with the last item on the list, and state another person who will go next. The things you state can relate to the last item, but do not in any way need to. It’s just about stating things and getting your brain working.

Example:

Ida: Beth, I need a shovel, I need some sand, and I need the sea

Beth: John, I need the sea, I need a hot air balloon and I need a pilot.

John: Sarah, I need a pilot, I need a map, and I need a treasure.

Sarah: Edward, I need a treasure, I need a pirate and I need a cow.

etc. until everyone has listed three things.

Seven things:

(could also be changed to five things to make it quicker)

Person A states “[Name] I need three things you would find / wouldn’t find / wouldn’t say / would say [in a certain scenario]. e.g. “Beth, I need seven things you would find in a bakery”.

Beth would then list seven things as quickly as possible that you would find in a bakery. As detailed or general as you like.

Note: Does not need to be accurate.

Everyone counts along as the list progresses. At the end of each list of things, everyone exclaims, “those were seven things!”

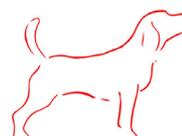
Example:

Ida: Beth, I need seven things you would find in a bakery.

Beth: A rolling pin



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Everyone: One!

Beth: A baker

Everyone: Two!

Beth: Some dough

Everyone: Three!

Beth: A unicorn

Everyone: Four!

Beth: A half-baked glazed bun

Everyone: Five!

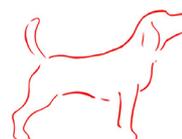
Beth: Flour

Everyone: Six!

Beth: A small mouse wearing a baker's apron with "baker" embroidered on it

Everyone: Seven! Those were seven things!

Then Beth would say "[Name] I need seven things [scenario], etc. until everyone has listed seven things.



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