

DRAW A SUPERPOWER



Ice Breaking activity

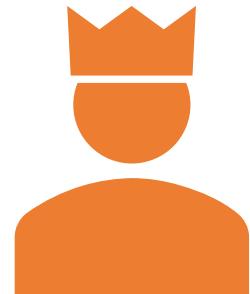
This exercise encourage participants to think creatively and emotionally before entering the main workshop. It helps to break the ice, reduce tension and connects individual imagination with real-world challenges.

Individual exercise

Time: 5 minutes

Materials:

1. Post-its
2. Markers or colour pencils
3. Flipchart / board



Activity:

1. Each participant draws a fictional superpower they wished they possessed.
2. Once finished participants share their drawings with the group – or post them on the board/wall.

TIPS

1. There is no right or wrong answer, encourage participants to feel creative and no limits to brainstorming
2. Play light music or share funny examples first to smooth and create a relaxed environment