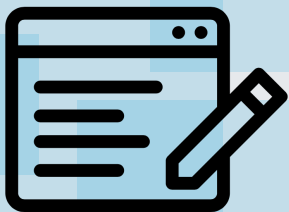


# WARM-UPS

## (FOR CONTENT-DRIVEN AUDIENCES)



### WHAT IT IS

Warm-ups for learners to reflect on their objectives, worries, and concerns in the context of what will be taught

### IDEAL FOR

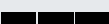
Setting the right tone for an online session



Any size



10 min



### REQUIREMENTS

Roles:

- 1x moderator

### HOW IT WORKS

Carry out warm-ups at the start of an online session. They come in various formats which is why what you decide to use depends a lot on:

- What you are trying to achieve with the exercise
- Group size
- Characteristics of the learners

They work best when they are well prepared and have clear, concise instructions. If you are trying a new one out for the first time, make sure to test it beforehand. Demonstrating the exercise also helps learners to comprehend instructions when there is a visual explanation. Don't forget to be mindful of the time so the exercise feels exciting and flows nicely into the next segment. At the end of the warm-up, the moderator should explain the meaning behind the exercise and what it helps to reinforce, (the learning topic, team collaboration, etc.).

See #4 Learning Reflection as an example.

### CONSIDERATION CHECKLIST

- How will the objective of your warm up set the tone of your online session?
- Purpose: How does the warm-up link to the next segment of your online session?
- Are the instructions clear?
- Who are your learners? Do they already have a connection with each other?
- Is your warm-up inclusive to your group? Consider different values, beliefs, and experiences.

### INSPIRATION

- [1] Article: [4 Reasons Warm-Ups Will Fundamentally Change Your Work](#)

preparation

opening

main

closure

follow-up

social

input

assessment

reflection

Disaster Risk Financing  
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### **Warm-ups using a word cloud**

Purpose: A visual representation of all the voices in the room. How: The moderator asks a question to learners and gives them 30 seconds to reply by using a word cloud. The moderator explains and demonstrates how learners can submit their answers using the tool. The moderator should comment on the results when it is displayed on the screen.

#### **Some ideas (start of a session):**

- Using one word, what themes do you want to hear about?
- What is the weather like in your location?

#### **Some ideas (ending a session):**

- What is a personal takeaway from this online session?
- How are you feeling after day 1? (if this is an online learning series)

### **Warm-ups using a poll**

Purpose: Detecting patterns from your learners/helping moderators to understand the collective energy of the group. How: The moderator explains the poll tool and goes through several questions. The moderator should give learners at least 30 seconds to answer. The moderator then displays the results and comments on what patterns they see.

#### **Some ideas:**

- What's your level of understanding of the topic? (low - high)
- How energized are you about today's session? (low - high)
- What do you want to get out of this session? (list down different options)