

# WARM-UPS

## (FOR PARTICIPATION-DRIVEN AUDIENCES)



### WHAT IT IS

Warming up a group in an engaging and light-hearted way to help members to get to know each other

### IDEAL FOR

Setting the right tone of an online session by giving people the opportunity to express themselves and learn more about their peers.

### 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.).

### CONSIDERATION CHECKLIST

- What tone do you want to set at the beginning of your online session and how will the objective of your warm-up do this?
- Purpose: How does the warm-up link nicely 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](#)

[2] Article: [9 Virtual Icebreaker Games for Remote Teams & Meetings](#)

### ADD ON

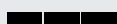
When using word clouds & polls, moderators should acknowledge the answers coming from the group.



Any size



10 min



preparation

social

opening

input

main

assessment

closure

reflection

follow-up

Disaster Risk Financing  
& Insurance Program

SUPPORTED BY  
WORLD BANK GROUP

## Warm-ups for small groups

### WHERE IN THE WORLD IS

Purpose: Acknowledgement of people in the room / Familiarizing names and faces / Having fun with the environment you are in.

How: Everyone has their video on. The moderator says “where in the world is, ...” and says someone’s name from the group. Everyone has to point to where that person is on their screen (up, down, left, right). That person is then nominated to ask where the next group member is. This process continues over multiple rounds.

### FUN FACT

Purpose: Getting to know people in the group on a more personal level. How: The moderator asks a question and each person in the group has one minute to answer. Examples: What was something they learned about themselves during the pandemic? If you could learn one skill right now, what would it be and why?

### TWO TRUTHS, ONE LIE

Purpose: Getting to know people in the group on a more personal level. How: Each person in the group introduces themselves with three facts about themselves. Two of them are true, one of them is a lie. The rest of the group has to decide which is the lie. The lie is then revealed and the introduction is passed on to the next person.

## Warm-ups for big groups

### WOULD YOU RATHER...

Purpose: Understanding the identity of the group. How: Using the poll, several humorous “would you rather” questions are asked to the group (e.g. Would you rather have the superpower to fly or breathe underwater?). By using the poll feature, the moderator can have an idea of the group's collective identity and give some casual feedback.

### PASS THE WORD

Purpose: Working and creating something together as a group. How: By using the chat function, the group has to create a story together by only adding one word at a time. The moderator narrates and comments on the story out loud.

## Radical warm-ups

### PARTICIPANT WALL

Purpose: Virtual “badge” / Allows people to get to know each other / Gives context to people if breakout rooms happen later on in an online session. Before an online session, a link is sent out to an online collaboration tool like Miro or Padlet. It should include a template where learners can then submit their name, photo, where they work, and certain facts about them. Depending on your audience, the questions can be more serious or fun. Learners can then spend time looking at the wall during the introduction of the online session to see who they are working with. Some ideas: Fun - What’s your favorite food, hobby; Serious - Work, Education background

### SCAVENGER HUNT

Purpose: Movement and fun. How: Everyone has their cameras on. The moderator asks for the group to look for certain things in their space and hold them up to the camera (e.g: Something that’s older than them). The moderator comments on what is then displayed on the screen. Whoever is the fastest can then turn their micro- phone on and give a sentence or two explaining the object.

### STAND UP-SIT DOWN

Purpose: Movement, getting to know other learners. How: Everyone has their cameras on. The moderator asks a series of questions (e.g: Do you have a pet?) and if someone in the group has done it, they have to stand up (or raise their arms).