

## TWO TRUTHS, ONE LIE

### Explanation:

In this activity, the participants tell two truths and one lie about themselves. The objective of the game is to determine which statement is the false one. It is a good group bonding exercise and the fun aspect brings energy to the group.

Recommended group size is: small, medium or large.

**Preparation needed:** No preparation needed.

### Method:

- Introduce the exercise.
- Ask and allow the participants to prepare three statements about themselves; two truths and one lie each.
- Ask the participants to walk around and then share with one another their three statements. At this time the participants should not reveal which of the statements is a lie. While sharing, it is the goal of the participants to:
  1. Convince others that their lie is true.
  2. Guess the correct lie of the other participants.
- Ask the participants to gather back in a circle and in turn each participant should read aloud their statements to remind everyone. For example:
  - 'I was born in Malaysia.'
  - 'I have 3 children.'
  - 'I am vegetarian.'

The group then tries to guess which of the three statements is not true. At each end of each statement ask for a vote through a show of hands: 'Who thinks this statement is true? Raise your hand.'

The participant then reveals which of the statements is untrue.

## LINE UPS

### Explanation:

This is a quick exercise. Each run of the exercise usually takes 5-7 minutes. In the Line Up the participants will have a chance to learn things about one another they may never think to ask.

**Preparation needed:** No Preparation needed.

### Method:

- Announce to the group the exercise and the competition.
- Organize the participants into two or more groups of 8 – 20.
- Ask the group to line-up in a particular way - as quickly and as accurately as possible. The first group to do so correctly wins.

For example: Tell the group to line up by height (shortest to tallest) and to all clap when they have finished. You can also ask groups to come up with their own way of letting you know they have finished (e.g. yell; hum a song, put up their hands etc.).

- Other line up criteria possibilities:
  - line up in order of shoe size
  - by lengths of arm`s reach
  - alphabetically by first name
  - by date of birth from January to December
  - by age
  - by lengths of time in your current position
  - by number of styling products, you use
  - by number of trainings in the last 12 months

## SHARE 3 FACTS

### Explanation:

Participants are asked to share 3 specific facts. The purpose of this icebreaker is to stimulate 3 senses that will create the best learning environment which relaxes, empowers and inspires the participants. It is a good group bonding exercise and lifts the energy of the individual and the group.

Recommended group size is: small, medium

**Preparation needed:** No Preparation needed.

### Method:

- Announce to the group the exercise.
- Ask and allow the participants to prepare three statements about themselves. For example:
  - The funniest thing that has happened to them
  - Their proudest moment
  - Where they draw inspiration from
- Ask participants to present their statements, once done

## SHARE WHAT ATTRACTED YOU TO THIS INDUSTRY

### Explanation:

In this activity, the participants are asked to share what attracted them to the hair and beauty industry. The purpose is to encourage participants to be speak. By encouraging them to reminisce about their first love of hairdressing it relights their fire for the industry and builds motivation. It is a good group bonding exercise and lifts the energy of the individual and the group.

Recommended group size is: small, medium, or large.

**Preparation needed:** No Preparation needed.

### Method:

- Announce to the group the exercise.
- Ask and allow the participants to prepare to share what first attracted them to the industry. Then the trainer will start by sharing their own story followed by each of the participants.
- Acknowledge what they are saying and highlight the main point, after each share.