

## LIST

# Cultural activities enhancers

Here's a curated list of enhancers to spark up your cultural activities, whether online, offline, or a blend of both. These ideas aim to make your events more engaging, inclusive, and easy to participate in for everyone.

Enhancer	Short description	When to use it	Online	Offline	Inclusivity options
<b>Word Association</b>	<p><i><b>A journey of connected ideas!</b></i></p> <p>🕒 Time: 5-15 minutes depending on the group size</p> <p><b>Instruction for conducting this activity:</b></p> <p><b>Step 1:</b> Kick off the game with a random word.</p> <p><b>Step 2:</b> Each person follows with a word that relates to the one mentioned before. Keep the chain going around the group and let's see where our thoughts lead us!</p>	Quick icebreaker, an engaging warm-up, a spark for creativity, and an effective energizer.	Yes, via video conferencing platforms like Zoom.	Yes, in group settings.	Allow for both spoken and written responses for those who may be uncomfortable speaking.

<p><b>Describe Yourself!</b></p>	<p><i>Use one word or phrase to describe yourself!</i></p> <p>🕒 Time: 10-30 minutes depending on the group size</p> <p><b>Instruction for conducting this activity:</b></p> <p><b>Step 1:</b> Tell everyone to pick a word or phrase that best describes them.</p> <p><b>Step 2:</b> Give them a moment to think.</p> <p><b>Step 3:</b> One by one, let everyone share their choice.</p> <p><b>Step 4:</b> Optionally, discuss common themes or unique choices that came up.</p>	<p>Great for breaking the ice, starting sessions, building group unity, boosting self-assurance, and sparking creativity.</p>	<p>Participants can post the word in the chat, say it outloud or write it or draw on paper and show it to the camera.</p>	<p>Participants can say, write, or draw their word. Anonymous sharing can be done via Google Docs, Jamboard, Padlet, or Mentimeter.</p>	<p>Propose text-to-speech application for visually impaired or hire sign language interpreters for hearing impaired.</p>
<p><b>Picture Story</b></p>	<p><i>Create our group masterpiece!</i></p> <p>🕒 Time: 10-20 minutes depending on the group size</p> <p><b>Instruction for conducting this activity:</b></p> <p><b>Step 1:</b> Kickstart the activity by having one person begin drawing a portion of a picture.</p> <p><b>Step 2:</b> Pass it on! The next person adds to the initial drawing. Keep this cycle going until everyone has had a turn to contribute.</p> <p><b>Step 3:</b> Now, the grand reveal! Unveil the final picture and use it as a starting point to weave a creative group story.</p>	<p>Great fit for strengthening team bonds and boosting creativity.</p>	<p>Yes, on collaborative drawing platforms like Jamboard or Mural.</p>	<p>Yes, on paper.</p>	<p>Provide options for both drawing and non-drawing contributions to accommodate different comfort levels and abilities. It can be done by speaking and describing the picture or by physical demonstration.</p>

<p><b>One Word Method</b></p>	<p><i><b>Playing with words to have fun and boost energy!</b></i></p> <p>🕒 Time: 10-30 minutes depending on the group size</p> <p><b>Instruction for conducting this activity:</b></p> <p><b>Step 1:</b> Propose a general topic, e.g. art, music, theater or a problem: what to read, watch, listen to.</p> <p><b>Step 2:</b> Ask one person in the group to say one word to a topic.</p> <p><b>Step 3:</b> Ask the next person to continue with another word.</p> <p><b>Step 4:</b> Eventually the group creates a whole sentence, e.g.: I / want / music / but / not / any music / but / this / funny / song / with / singing / rabbit.</p>	<p>Works well as a starter, energy lifter, icebreaker, and creativity enhancer.</p>	<p>Participants can speak the word via video conference tools or share it in chat, Google Documents, Jamboard, Padlet or Mentimeter.</p>	<p>Participants can say, write, or draw their word. Anonymous sharing can be done via Google Docs, Jamboard, Padlet, or Mentimeter.</p>	<p>Participants can say or write their parts on sticky notes. To stretch the activity out, they could craft a sentence for a shared story on a chosen topic.</p>
<p><b>Music: feel &amp; move</b></p>	<p><i><b>Listen to the music and move your body!</b></i></p> <p>🕒 Time: 5-15 minutes depending on the group size</p> <p><b>Instruction for conducting this activity:</b></p> <p><b>Step 1:</b> Prepare 5 songs with different moods (use our <a href="#">Emotional Jukebox</a> playlist on Padlet, find a playlist on Youtube or create yours).</p> <p><b>Step 2:</b> Ask participants to stand up.</p> <p><b>Step 3:</b> Inform them that you will be playing each song for 20-30 seconds.</p> <p><b>Step 4:</b> Participants' task is to feel the music and move one part of their bodies: hand, leg, or head.</p> <p><b>Step 5:</b> Each time the music changes, they need to add a move of another part of their bodies.</p>	<p>Perfect for warming up, integrating the group, breaking the ice, energizing everyone, and sparking creativity. It's all about fun and interaction.</p>	<p>Yes, via video conferencing platforms like Zoom.</p>	<p>Yes, in group settings.</p>	<p>Adapt movements for those with physical disabilities, use music with strong beats for hearing impaired.</p>

<p><b>Two Truths and a Lie</b></p>	<p><i><b>Exciting guessing adventure!</b></i></p> <p>🕒 Time: 10-25 minutes depending on the group size</p> <p><b>Instruction for conducting this activity:</b></p> <p><b>Step 1:</b> Each participant shares two true facts and one false fact about themselves.</p> <p><b>Step 2:</b> The group then guesses which statement is a lie.</p>	<p>Works well as a lively icebreaker, a warm-up session, an energizer, or a creativity booster.</p>	<p>Yes, via video conferencing platforms like Zoom.</p>	<p>Yes, in group settings.</p>	<p>Allow for both spoken and written statements for those who may be uncomfortable speaking.</p>
<p><b>Spotlight</b></p>	<p><i><b>Step into the limelight and take the stage!</b></i></p> <p>🕒 Time: 10-30 minutes depending on the group size</p> <p><b>Instruction for conducting this activity:</b></p> <p><b>Step 1:</b> Explain to the group that in this activity, each person will have a chance to share something about themselves and have a moment to be the focus of the group's attention.</p> <p><b>Step 2:</b> Randomly choose the first person.</p> <p><b>Step 3:</b> They share a fun fact or recent experience.</p> <p><b>Step 4:</b> Let others ask questions or comment briefly.</p> <p><b>Step 5:</b> Keep going until everyone has shared and been in the 'spotlight'.</p>	<p>Good fit for introductions, breaking the ice, team bonding, boosting mutual understanding, and building self-confidence.</p>	<p>Yes, via video conferencing platforms like Zoom.</p>	<p>Physically in a circle or round-robin format.</p>	<p>Hire sign language interpreters for hearing impaired, employ descriptive language for visually impaired.</p>

<p><b>Face Portrait</b></p>	<p><i><b>Get to know each other by drawing!</b></i></p> <p>🕒 Time: 30-45 minutes depending on the group size</p> <p><b>Instruction for conducting this activity:</b></p> <p><b>Step 1:</b> Set up the activity by explaining the goal - to sketch a portrait of another participant.</p> <p><b>Step 2:</b> Assign pairs randomly or allow participants to choose their partners.</p> <p><b>Step 3:</b> Give participants some time (10-15 minutes) to sketch their partner's portrait (and get to know each other during the process).</p> <p><b>Step 4:</b> After the time is up, gather all the portraits in one place and ask participants (excluding from guessing the author and the model) to guess who is who.</p>	<p>Perfect for introductions, enhancing group cohesion, starting things off, boosting energy levels, inspiring fun, and fueling creativity.</p>	<p>Yes, in breakout rooms on conferencing platforms like Zoom, using Jamboard or Padlet for sketching.</p>	<p>Yes, in group settings in pairs sitting opposite. Use drawing materials like paper, pencil, etc.</p>	<p>For visually impaired participants, use clay or play-dough for tactile portraits.</p>
<p><b>What Animal Are You?</b></p>	<p><i><b>Let's bond over our spirit animals!</b></i></p> <p>🕒 Time: 30-45 minutes depending on the group size</p> <p><b>Instruction for conducting this activity:</b></p> <p><b>Step 1:</b> Briefly explain the activity - everyone will choose an animal that represents them and explain why.</p> <p><b>Step 2:</b> Give everyone 3-5 minutes to think about their animal choice and reasons.</p> <p><b>Step 3:</b> Start a sharing round where everyone introduces their animal and their reasons. It's a fun way to learn about each other!</p>	<p>Sparks conversations, promotes self-reflection, and builds group bonds. It's great as a fun warm-up.</p>	<p>Yes, via video conferencing platforms like Zoom. Participants could even find a picture of their chosen animal online to show during their turn.</p>	<p>Yes, in group settings. Participants may also choose to find and display an image of their chosen animal in the free resources portal or repository using their smartphones.</p>	<p>Participants can also write down the note or simple sketch with the chosen animal and show it to others.</p>

<p><b>Doodling together</b></p>	<p><i><b>Doodling for creativity boost and fun!</b></i></p> <p>🕒 Time: 10-25 minutes depending on the group size</p> <p><b>Instruction for conducting this activity:</b></p> <p><b>Step 1:</b> Kick-off with everyone drawing a simple shape, then pass the paper to the next person (or switch Jamboard pages if online).</p> <p><b>Step 2:</b> Transform the received shape into something creative - an object, person, or animal. Pass it on again.</p> <p><b>Step 3:</b> Add some scenery to the drawing you received, then pass it on.</p> <p><b>Step 4:</b> Bring in some action or drama to your current drawing. Remember, no text yet! Pass it on once more.</p> <p><b>Step 5:</b> Now, add a short text to the last drawing you receive.</p> <p>Finally, ask everyone how they feel about the shared doodling experience. Did they enjoy it?</p>	<p>Works well as a lively icebreaker, a warm-up session, an energizer, or a creativity booster.</p>	<p>Yes, via video conferencing platforms like Zoom. For doodling use Jamboard or similar tools. Just make sure to set up as many pages as there are participants before starting.</p>	<p>Yes: on paper sheets.</p>	<p>Yes, you can do similar activity with text writing or oral storytelling. Have participants add to a story one sentence at a time. For an extra challenge, ban words starting with "s". Remember to use tactile materials or descriptive language for participants with visual or color blindness.</p>
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The enhancers you see above take inspiration from techniques and methods found on the [Sessionlab.com website](https://www.sessionlab.com). For even more inspiration, check out the templates available on [Mentimeter website](https://www.mentimeter.com).

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