



ICE BREAKER – GRATING WORLD AROMAS

The following is an example of an icebreaker exercise used with families as part of the Lancashire Intergenerational Multicultural Education (LIME) Project.

Choose spices and fruit with strong aromas, which will stimulate the limbic system of the brain and links to memory recall. The finished product of the grated spices also creates a warm atmosphere in the room. This exercise encourages people of different cultures to share personal information and to learn from each other. It is surprising how many people, particularly older participants, know about the medicinal properties of spices.

MATERIALS & METHOD	TARGET GROUP	ADAPTATIONS	ADVANTAGES / DISADVANTAGES
<p>Materials: Grater, plate, tray, ginger, garlic, lemon, orange, plain chocolate, nutmeg.</p> <p>Method: As participants arrive, ask them to grate a small portion of one of the above ingredients. Once everybody has grated an ingredient, ask participants to share what they grated and why they chose that ingredient. Participants may wish to share the memories triggered by the aroma.</p> <p>ⓘ Check before beginning that none of the participants have any allergies to the chosen ingredients.</p>	<p>Suitable for: All ages and backgrounds.</p> <p>Adaptations for: People with physical disabilities in the wrist or finger joints who may find it difficult to grate an ingredient.</p> <p>People who communicate in languages other than English.</p>	<p>Physical Support: Work in pairs, or ask other participants to grate ingredients on behalf of another person. Everyone shares within the group why they chose their ingredient.</p> <p>Language Support: Ensure instructions are explained in required languages. Group members may share experiences in their mother tongue, if someone is present to translate.</p> <p>Chosen fruit This activity can be adapted by offering participants a choice of fruit and asking them to explain their choice.</p>	<p>Advantages: A practical exercise that does not involve writing skills. Creative way to introduce each other. Involves whole group participation.</p> <p>Disadvantages: This activity can trigger many memories – be aware of an individual talking too long and taking time away from other members of the group. Allergies could result in some learners being excluded from participation.</p>