

# MAKING IT REAL FOR YOUNG CARERS

## Icebreaker exercises

### Icebreaker One:

In advance of your session cut out a selection of different photographs and pictures from magazines. Ensure they are varied eg. house, garden, landscape view, people, pets, sports activity, food, drink etc

Just before you start the session spread the pictures, face up, on a table so they can be easily seen. Invite each participant to look at the different pictures and ask them to pick up and hold onto one of the pictures that they are particularly attracted to. Invite each participant to introduce themselves to the group and give a brief explanation as to why that particular picture caught their eye.

This exercise can also be adapted for use in striking up a conversation with young carers being mindful that the pictures you use need to be relevant to the particular age group.

### Icebreaker Two:

Working in small groups, invite participants to flex their artistic muscles by drawing a picture of a young person on a piece of flipchart paper. Ask groups to jot down to the left of the picture key words to describe how a child or young person might feel about being a young carer and list to the right of the picture words to describe the possible impact a caring role might have on them.

Give 10 minutes for the groups to work on this exercise and then invite groups to share their pictures and highlight some of the key words they've identified. Encourage some discussion around not only the negatives of being a young carer but also the positives.

You may decide to have a small prize up your sleeve for 'best picture'.