

Stinky Fish

Icebreaker Activity

Adapted from: [Session Labs Stinky Fish](#)

Time allocated: 15 mins

Aim:

To provide an opportunity for the learners to share their concerns about being online and using video calling.

By sharing concerns openly, we hope the learners realise they are not alone in how they are feeling. The idea is to acknowledge and normalise those concerns to enable the learners to move forward in their learning of new digital skills.

How to:

- Learners introduce themselves.
- Hand out the Stinky Fish Template or turn to the corresponding page in the Learner Workbook.
- Explain to the learners they are encouraged to share one (1) thing that worries them about being online and video calling.. They will have 5 minutes to fill in their Stinky Fish.
- Learners can draw or write a few words to describe their concerns.
- The one (1) thing is a metaphor for the Stinky Fish. The longer you hold onto the worry the smellier and harder it is to overcome.
- Each learner shares with the group what they have written or drawn on their stinky fish.
- Facilitator to acknowledge the concerns (stinky fish) raised and discuss summarising the key themes on the whiteboard.

Outcome:

Learners will hear other people share their concerns and it will help to create a safe space for learning along with assisting them to find ways to overcome these concerns. This will help to reframe the learner's mindset enabling them to focus upon their learning.

Stinky Fish Template

