

Quick warm-up activities

Warm-up activities are a great way to get your participants interested and thinking about the topics you will be covering. Furthermore, it can provide some insight into their familiarity or comfort level with what is to be discussed and give you the chance to adjust the content or approach of the workshop accordingly.

One thing I know and one thing I want to know

Group size: Flexible

Duration: 5 minutes

1

Preparation: Sheets of paper for writing (optional), pens/pencils (optional)

Briefly introduce the topic or agenda for the day. Ask everyone to write down one thing they already know about the topic and one thing that they want to learn more about. Share responses as a group or ask participants to write their response on a sheet of paper.

Fact match

Group size: Medium (15 to 30)

Duration: 10 minutes

2

Preparation: Two sets of prepared index cards: one set with interesting questions about the topic, another set with the corresponding facts that answer the questions.

Hand out the cards to participants and ask them to find the person who holds a card with their matching question or fact. Ask the pairs to take a few minutes to chat about their fact and how it relates to their own lives. They can also think of additional questions related to the fact they learned.

Dreams for the future

Group size: Flexible

Duration: 15 minutes

3

Preparation: [Dreams for the future handout](#)

Ask participants to complete the handout and to share their dreams and goals if they feel comfortable. This can be a good lead-in to a future goal-setting activity or discussion.

Financial wheel of life

Group size: Flexible

Duration: 15 minutes

4

Preparation: [Financial wheel of life handout](#)

Ask participants to complete the wheel and think about suggested follow-up questions in the handout. Participants who wish to share can respond with how they hope this workshop can help them improve the various areas of their life.