

ISW Adjective Cards Icebreaker Instructions

How Are You Feeling?

- Give each participant 3 cards OR place face down on table and ask each participant to select 3 cards randomly
- Have participants look at cards and then tell them they have 2-3 minutes to negotiate trades with the other participants so that they all have 3 cards that describe how they are feeling right now
- Before each person presents their cards to the group, offer them the opportunity for one blind trade by exchanging one of their cards for the leftovers on the table
- Have each participant present and explain their cards