**RECIPE TEMPLATE**

Section - starters (icebreakers), main course (workshop ideas, - NB these might be small 1 to 2 minute exercises or complete 90 minute workshops - up to you), desserts (methods to obtain feedback, evaluate)

Your Name, Institution and email

Name of the recipe

Ingredients (any equipment or supplies needed for the activity)

Method (what you do)

Special Notes

Acknowledgements

References (links to scholarly articles, conference presentations etc where people can find out more if needed)

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**WORKED EXAMPLE**

Section - **starters (icebreakers)**

Your Name, Institution and email - **Celia Popovic, York University, cpopovic@yorku.ca**

Name of the recipe - **When I went on holiday**

Ingredients - **nothing**

Method - **each person takes turns to say ;'I am Celia, when we went on holiday I took X (eg a bucket) with me.' The next person says 'I am John, when we went on holiday Celia took a bucket and I took a sock.' The next person says 'I am Mary, when we went on holiday Celia took a bucket, John took a sock and I took a stuffed rabbit'... and so it goes until the whole group has had a turn. The funny thing is that as people concentrate on remembering the items they feel less anxious about the names, but also have something to act as a reminder to link to the names.**

Special Notes **This is particularly effective if you want to get to know names quickly with a group of up to 20 participants as it helps the participants remember each other's names too, it is silly and fun.**

Acknowledgments **- This emerged from a childhood game, not aware that anyone showed it to me but can't claim to have invented it either.**

References - **probably are some but none to my knowledge.**

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Please send a photo or image as this will make the pages much more interesting and attractive. A photo of yourself or maybe the recipe in action - open to you!