



Overview

The aim of this activity is to get people moving, make connections and create a discussion about wellbeing. It's a brilliant icebreaker, a neat way to increase energy levels and great fun too!



Why do this?

Icebreakers help create a comfortable and welcoming environment where everyone feels more relaxed and ready to participate. They encourage interaction, build trust, and reduce anxiety, especially in [new groups or learning settings](#). By helping people get to know each other and feel more connected, icebreakers promote collaboration, communication, and engagement.



Instructions

1. Set up

- Make enough space for **two circles** — one inside, one outside.
- Inside circle** faces **outward**.
- Outside circle** faces **inward**, so everyone has a partner.
- Partners give a **high five** to confirm they're ready.

2. Start Activity

- The **facilitator** reads a **sentence starter (see below)**.
- Each person in the pair has **45 seconds** to share and respond.

3. Switch signal

- After 45 seconds, the facilitator gives a signal (e.g., ring a bell or raise a hand).

4. Rotate partners

- Ask the **outside circle** to point **clockwise**.
- They give their current partner a high five, then move **clockwise** a set number of people (e.g., move past 3 people, stop at the 4th).
- High five the new partner.

5. Continue

- The facilitator reads the **next sentence**.
- Repeat the process, changing the number of people to move each time (e.g., 1, 6, 2).

6. Switch directions halfway

- Halfway through, have the **inside circle** move instead — this time **anti-clockwise**.

If there's an odd number, the facilitator joins in.





WoW Carousel Sentence Starters

Any sentence starter related to any component of the WoW circle could be used, here are a few examples:



The best part of my holiday was



I have fun when....



A passion/hobby of mine where time flies is....



A place where I can recharge is....



I am really grateful for....



A physical activity I would like to do more of includes



The most resilient person I know is....



I contribute to others wellbeing by....



Something I would like to learn more about is....



A passion and strength I bring to my work is



I will improve my wellbeing this year by