

Active Learning Activities Worksheet

Click any activity title to open the SessionLab activity page

Use this quick-reference worksheet to select activities by purpose, timing, participant needs, and learning outcome.

☐ Think, Pair, Share (1-2-4-All) 10-15 min 4-100+ Everyone involved; safe discussion	Discussion	☐ Quotations 15-45 min 10+ Reflection; connection	Icebreakers	☐ Mixed-Up Sentences 30-45 min 6+ Review; teamwork	Engagement
☐ Appreciative Interviews 30-60 min 2+ Success stories; morale	Discussion	☐ Quick-Change Artists 20-45 min 6-50 Energy; adaptability	Icebreakers	☐ Personal SWOB Assessment 60-120 min 2-40 Self-assessment; action planning	Reflection
☐ Fishbowl 45-60 min 6-30 Deep conversations; listening	Discussion	☐ Get to Know You Better 1-15 min 20+ Team bonding; connections	Icebreakers	☐ Best Summary 30-60 min Any Synthesize key takeaways	Reflection
☐ 500-Year-Gap Conversation 15-30 min 2-20 Communication; creative thinking	Discussion	☐ Draw a Tree 1+ min Any Mindfulness; awareness	Icebreakers	☐ Letter to Myself 5-30 min 2-40 Future action commitments	Reflection
☐ Troika Consulting 25-35 min 3+ Peer coaching; problem solving	Discussion	☐ MindSpin 15-30 min 5-15 Rapid ideation	Engagement	☐ I Used to Think... But Now I Think... 5-15 min 4+ Perspective shifts	Reflection
☐ Empathy Map 30+ min Any Perspective-taking; empathy	Critical Thinking	☐ Open Questions - Role Play 5-10 min 4-12 Communication; active listening	Engagement	☐ Artful Closer 20-45 min 8-30 Creative reflection	Reflection
☐ Interactive Lecture: Summarize 2-10 min Any Active summarization	Critical Thinking	☐ LEGO Metaphors 10-30 min 2-20 Creative metaphors	Engagement	☐ Response Cards 2+ min Any Anonymous feedback	Reflection
☐ The Six Thinking Hats 10-30 min 8+ Multiple perspectives	Critical Thinking	☐ Mind Map Varies min Any Organize ideas visually	Engagement	☐ Pecha Kucha 180+ min 26-50 Concise visual presentations	Presentations
☐ Flip It! 30-60 min 5-20 Perspective shift; problem solving	Critical Thinking	☐ Fun with Snowballs 15+ min 6+ Energy; anonymous input	Engagement	☐ Cover Story 30-90 min 2-15 Future vision; strategy	Presentations
☐ The Journalistic Six 30+ min 1+ Who/what/when/where/why/how	Critical Thinking	☐ The Sketch Game 30-60 min 10-40 Visual perspectives	Engagement	☐ Whiteboard Rotation 10-30 min 1-10 Collaborative ideas	Presentations
☐ Group Contract for Trust, Creativity & High Performance 45-60 min 5-15 Norms; psychological safety	Icebreakers	☐ Bad Idea Brainstorm 15+ min 3-6 Unlock creativity	Engagement	☐ 6 Words Varies min Any Concise synthesis	Presentations