

If You Knew...

This activity is an excellent choice for new teams or as an icebreaker at small events. It will encourage participants to share information about themselves with others in a way that encourages intimacy and group cohesion.

Start with a flip chart or a whiteboard with these questions on it:

- What is your name? Does your name have any story attached to it?
- What motivates you to get up in the morning?
- What was the happiest moment in your life?
- Are you a routine based person or go with the flow/spontaneous?
- Who is the most important person in your life or someone you have learned the most from?
- Describe your favorite place on earth.

Once everyone is ready to get started, ask them all to sit in a semi-circle facing a flipchart or whiteboard. For large groups, have the group count off so that everyone is in a group of 4 people. Then have the group get together and pick 2 questions for everyone in the small group to answer. Tell them they have 10 minutes to go into as much detail as possible. Instruct the other participants not to ask questions or interrupt during those 10 minutes, then move on to the next participant.

At the end, pose these questions to get a good discussion started:

- Did this activity help you to know your team members better?
- Did it help explain certain behaviors and actions of co-workers?
- Would it be helpful to share some personal information with those that we work closely with?
- Did this session help clear up some of the misunderstandings between team members?

Completing this exercise will likely result in you feeling more connected and comfortable with the other participants, and help you learn how to read emotions in others and listen attentively.