

GET TO KNOW EACH OTHER ACTIVITIES

snapshot:

Engaging activities for groups to get to know each other and build cohesion.

time: 10-45 min

materials: *various: none, or things to write with, big paper, chairs*

STEPS

1. Come up with a list of what you would like to learn about each other that will support your best work. Questions could include:
 - i. Who is one of your activist (s)heroes?
 - ii. What do you hope to get out of this training?
 - iii. What moved you to become an activist?
2. Choose and introduce the activity that best suits your participants, time available, and objectives. Here are some for starters:
 - a. **DRAW A SHIELD:** Have each person create a personal crest or shield with four sections with drawings that show a bit about themselves. Quadrants could be: *home* (where you come from), *heart* (your loves), *head* (what you are thinking about), *hands* (your skills). Post the shields around the space. Do a Gallery Walk to get a sense of who's in the room at your own pace. Close with a round of reflections what participants saw and felt creating .
 - b. **WRITE POETRY:** Using a simple fill-in-the-blanks format, participants write a personal reflection. For example, "I am from" poems:
 - i. I am from the smell of..
 - ii. I am from the sound of..
 - iii. I am from the taste of..
 - iv. I am from the touch of..
 - c. **MOVE + MINGLE:** Have everyone get up and move around the training space. As they move, share a question and tell the participants to get ready to find someone to share the answer with at your signal (ring a bell, flicker the lights, clap, stop the music playing, etc.) If people do not know each other, invite pairs to first share names and pronouns, and then take turns answering the prompt. When you next give the signal, everyone should find a new partner to mingle with. Repeat the process a few times.
 - d. **HURRICANE!** Also known as "Big Wind Blows," an energetic variation of musical chairs (see description in [Module 11.](#))

OPTIONS

- Use music while the activities are happening to set a mood.
- Mingles can also be done in lines or concentric circles, more like a “Speed Dating” set up.
- ONLINE: all these activities can be adjusted to work with breakout rooms, shared white boards available on Zoom, or Google drive, etc.

TIPS

- Of course, take context and culture into account for selecting what is appropriate to share, and how, with each group.

RESOURCES

- See [Trainings – The Mingle](#) for more about this kind of activity

author: *Many Authors*

origins: *Many origins!*
