Change 3

Type: ___X_____ Introductory	**_____ Working**	**_____ Closing**	**_____ Game**
Low Risk – Getting to know each other	Growing Risk – Personal awareness	Ending – Saying goodbye	Active Exercise – For group building and fun

Optimum Group Size: 6-20 (even number, or use a group of three)

Materials Needed: None

Outline of Activity:

1. Each person in the group must find a partner
2. Begin face to face, with introductions with:
   Name, where they are from, favorite movie, describe their best friend, etc.
   (Can be anything to create a 3-6 minute conversation)
3. After the conversations are about done, instruct partners to stand back to back.
4. Each person must change 3 things about their appearance. (i.e. Remove watch, turn hat around, button top button)
5. Once done, partners turn to face each other, and have to identify the 3 things that are different.

Goal:

1. Get to know someone new
2. Realize attentive listening may not incorporate attention to the other's appearance.
3. Realize the attention to detail that we do or do not engage in within a conversation.
4. Laugh a little.

How to Process:

1. How easy was it for you to recognize changes in your partner's appearance?
2. How did you feel when you missed certain changes?
3. What have you realized about communication and listening skills?
4. How often do you think you are listening, but aren't actually being present?
5. How do you feel when you sense someone is not listening to you?

Source or Submitted by: