First Impressions

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: 5 - 25

Materials Needed: Paper and pencils

Outline of Activity:

After the group members have already introduced themselves, each participant should make a list of the other members of the group. They then should write down a short description of their first impressions of each member. The sheets should be kept confidential (maybe they could even be given to a staff member) and at the last meeting the participants should read back over their list to see how their first impressions differ from their lasting impressions.

Goal:

Participants should learn the value of the saying, "you can't judge a book by its cover" and that if you give yourself the chance to get to know someone, you may find you really like him/her, share something in common with that person, or at least understand him/her better.

How to Process:

The idea of unconditional acceptance should be pointed out by asking the following questions during the last group meeting:

Whose first impressions vary from how they now view other members of the group?
Why do you think that is?
Do you think this is something that happens often?
What may the consequences if people always went by their first impressions?
How did you feel during the week as you realized your first impressions were or were not correct?
What did you learn about yourself? About others?

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