



# FORMAT

## TYPE:

This category identifies the main goal(s) of the exercise. This gives the facilitator the opportunity to match the needs of the group with an exercise quickly and easily.

## GROUP SIZE:

This category indicates the ideal group size for each exercise. If you choose to use a small group exercise for a large group, it may be necessary to break the group into smaller subgroups. In this case, the GROUP SIZE category will advise you to subdivide (see information Creating Sub-Groups). Most exercises are designed for any size group.

## MATERIALS:

This category lists all materials needed to successfully facilitate the exercise. Use your creativity to substitute supplies or modify the exercise when needed.

## INTRODUCTION:

Utilize this category to help you introduce the teambuilder, create awareness and set goals for the exercise within the group.

## DESCRIPTION:

This category explains the basic directions for facilitating the teambuilder. Modify directions, if necessary, to meet the needs of your group.

## PROCESSING:

The questions contained in this category provide ideas to help facilitate group discussion.

## VARIATIONS:

This category offers innovative suggestions for altering the exercise or adding a new twist. This enables you to use the exercise more than once and customize it for your organization. Create your own variation from the feedback and evaluation you receive from your organization.

## OUTCOMES:

This is what will be achieved by performing this teambuilder.