



BAG OF PERSONALITY

TYPE:

Energizer

GROUP SIZE:

Any

MATERIALS:

Large Bag, Items from surrounding area

INTRODUCTION:

This experience will stimulate your creativity and help the group get to know one other in a unique way.

DESCRIPTION:

Place the items from your office into a bag. Have group members draw an item from the bag. After the items are distributed have group members spend a few moments “getting to know” their item. Instruct members to develop a personality and a name for their object and share it with the group.

PROCESSING:

- How did you feel about giving an inanimate object a personality?
- What was something you learned about yourself during the exercise?
- What did this exercise tell you about other group members?
- How can you apply what you learned from this exercise to your role in the group?

VARIATIONS:

- Members may bring in an item of their own, develop a personality and name it.
- The group leader may collect the items with the descriptions taped to them. Then pull out the items and read the descriptions. Have group members guess who brought in the item.

OUTCOMES:

- Creativity stimulus
- Creates group cohesiveness
- Allows group members to get to know each other.

REMEMBER:

- Introduce the exercise
- Explain it thoroughly
- Process it completely