



# STAND UP AND SPIN

## TYPE:

Communication Tool

## GROUP SIZE:

Any

## MATERIALS:

Enthusiastic Group Members

## INTRODUCTION:

This activity will give the team the opportunity to share feelings and reinforce team unity. It will also help individuals identify the importance of their involvement in the team.

## DESCRIPTION:

Have team members form a circle and stand with their arms over each others shoulders. The team is asked to think about something that they would like to share with the team. The team starts to turn clockwise by walking or hopping. Any team member may say "stop" and at this time the team stops and the person who made the call shares thoughts or feelings with the team. After information is shared then the team starts to spin the other way. Someone says stop again and shares, this continues until all members have had a chance to reflect. Team members are allowed to share more than once.

## PROCESSING:

- How did you feel about sharing your feelings with the team?
- How did you feel when other team members shared their feelings?
- In what ways did this exercise impact the team?

## VARIATIONS:

- Provide a theme for the disclosure.
- Use it to brainstorm on a new project

## OUTCOMES:

- Self disclosure
- Creates team unity
- Identifies what is important to individuals

## REMEMBER:

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