



# SHH...IT'S A SECRET

TYPE:

Introducer

GROUP SIZE:

Any

MATERIALS:

Team members with a secret

INTRODUCTION:

This exercise will help team members to communicate with each other in a fun, nonthreatening way.

DESCRIPTION:

Before a practice, instruct team members to share with the coach a fact that no one else in the team knows. The coach should compile this information onto a form. The form will be used by individual members to find out which team member disclosed the information. In order for members to inquire about the information on the "fact sheet" they must engage in creative conversation.

PROCESSING:

- What did you learn about other team members?
- How did you go about discovering facts about other team members?
- How did you use creativity during this exercise?

VARIATIONS:

- Instruct all or selected team members not to speak.

OUTCOMES:

- Allows for self disclosure in a nonthreatening way
- Encourages communication among all team members
- Helps team members to learn more about others

REMEMBER:

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