



PACK A SACK

TYPE: Energizer

GROUP SIZE: Any

MATERIALS: Eating Utensils, Plates, Napkins

DESCRIPTION: Have each member prepare a sack lunch that will be chosen by other members of the team. Instruct team members to draw numbers and the individuals with the lowest number will pick a lunch until all the lunches are gone.

VARIATIONS:

- Create other ways to distribute lunches, hold an auction, etc.
- Team members may pick a lunch from the table or take a lunch from someone else.

OUTCOMES:

- Social setting for team members to get together
- Members get to try new and exciting foods
- Aids in team cohesiveness

REMEMBER:

• *Introduce the exercise* • *Explain it thoroughly* • *Process it completely*