



PACK IT IN

TYPE:

Energizer

GROUP SIZE:

Any

MATERIALS:

None

INTRODUCTION:

We are about to engage in an activity that will help us understand each other more fully.

DESCRIPTION:

Explain to your group members that they are going on a long journey to an undisclosed location. They are only permitted to bring 5 items and all items must fit in a “normal” sized suitcase. Allow 5 minutes for group members to make a decision. Ask each group member to share their suitcase contents (and the reason for each item) with the group. Use the provided processing questions to facilitate a group discussion

PROCESSING:

- What items did you leave at home - but wanted to include?
- What was the most difficult part of this exercise?
- What impact did it have on you when you heard what other group members were planning to bring?
- What is the essence of good decision making?

VARIATIONS:

You may design this activity to be a group decision making process. For instance, the group must only bring 5 items, collectively. Be sure to expand upon the impact personal values have on group decision making.

OUTCOMES:

- To explore the process of decision making
- To reveal values
- To enhance communication

REMEMBER:

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