



Inside Out

TYPE:

Introducer

GROUP SIZE:

Any

MATERIALS:

Provided Questions and Statements

INTRODUCTION:

This exercise will help build group cohesiveness and emphasize the importance of communication between group members.

DESCRIPTION:

Divide the group into two smaller groups. Instruct one group to form a circle in the center of the room. Instruct the other group to form a circle around the first group. Ask the inside circle to turn around and face the outside circle. Each group member should now be facing another group member. Insure that everyone has a partner. Tell the group that you want them all to respond to a question or statement which you will provide. After each question or statement, rotate the inside or outside circle. This will enable group members to interact with a variety of people. After you have finished the exercise, facilitate a group discussion using the provided processing questions.

PROCESSING:

- What did you learn from other group members as they answered the questions?
- What did you learn about yourself?
- How did this exercise impact you?
- Why are activities such as this important to group development?

VARIATIONS:

This exercise is appropriate at any time during the group's development. Feel free to use your own questions or statements that may be of special interest to the group. You may also use this exercise to focus the group on a specific topic or project. It is important to continually provide opportunities for the group to interact with one another.

OUTCOMES:

- To initiate group discussion
- To facilitate non-threatening disclosure
- To focus a group

REMEMBER:

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