



GROUP POWER

TYPE:

Reinforcers

GROUP SIZE:

Any

MATERIALS:

Pens/Pencils and copies of the provided worksheet

INTRODUCTION:

This activity will help us think more introspectively about ourselves as individuals and about our role as a member of the group.

DESCRIPTION:

Ask each person to fill out the provided worksheet. Use the processing questions below to facilitate a group discussion.

PROCESSING:

- How did you feel as you were filling out the worksheet?
- Who would like to share one of their answers?
- How has being involved in our group made a difference in your life?
- What can we do to further the positive impact we have on each other?

OUTCOMES:

- Stimulus for goal setting
- Invigorates individual team members
- Builds cohesiveness

REMEMBER:

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