



A VISUAL "WHO AM I?"

TYPE:

Introducer

GROUP SIZE:

Any (subdivide groups if necessary)

MATERIALS:

Pipe Cleaners

INTRODUCTION:

This exercise will help the group to stretch their minds, bend their creativity, and mold a vision of their persona. Group members will learn about each other from words and from a visual representation.

DESCRIPTION:

Instruct group members to use pipe cleaners to construct something that represents them. Ask each group member to explain the meaning of their creation.

PROCESSING:

- How did you decide what image to create?
- What did you learn from this exercise?
- What did you learn from the group?
- How will what you learn benefit the team?

VARIATIONS:

- Use a specific color or multi color pipe cleaners.
- Instead of individual identity, ask each member to create something that represents the group.
- Give each group member one of the pipe cleaner creations as a way of establishing "group buddies".

OUTCOMES:

- Nonthreatening way of getting to know each other
- Helps the group leader to realize individual creativity
- Creates group cohesiveness

REMEMBER:

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