



# NUTS'N'BOLTS

TYPE:

Introducer

GROUP SIZE:

Any

MATERIALS:

Various Sized Nuts and Bolts

INTRODUCTION:

We will engage in an energetic activity which will help us interact with other group members.

DESCRIPTION:

Give each group member a nut or a bolt. Instruct group members to find the match for their piece. Ask each dyad to spend some time talking or answering specific questions (i.e. What do you like best about being a part of this group?, What have you learned most through your experience?, etc.)

PROCESSING:

- What did you notice about group members as they tried to find their match?
- What benefits does this activity have?
- What did you learn about your partner?
- What would be another way to use this exercise?

VARIATIONS:

- Use this exercise to pair group members for a special project.
- Put the nuts and bolts in ice cubes and then distribute.

OUTCOMES:

- Assists group members with nonthreatening disclosure
- Discussion initiator
- A way to encourage interaction between group members

REMEMBER:

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