



# 2 Truths and a Lie

TYPE:

Energizer

GROUP SIZE:

Any

MATERIALS:

None

INTRODUCTION:

We are going to participate in an exercise that will help us get to know each other in a fun and unique way.

DESCRIPTION:

Ask each group member to generate 2 things that are true and one that is false about themselves. Be sure to let them know that they will be sharing with the group. Have each person share with the group and ask the group to guess which statements are true and which one is false.

PROCESSING:

- How did you feel when you learned something new about someone you "thought" you knew well?
- How does this exercise represent some of the skills we need to have as a team? (listening skills, communication, learning about each other, etc.)
- What talents and special gifts do our team members have that we were unaware of?

OUTCOMES:

- Fun!
- Provides an avenue to get to know one another

REMEMBER:

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