

# Introductions

## SELF-INTRODUCTION EXERCISE

The objective of this exercise is for members of the team to become acquainted with one another to work more effectively as a team. Each individual needs to complete the paragraph below and then, if they feel comfortable disclosing, may be asked to share answers with the rest of the group.

Hello, my name is \_\_\_\_\_. I am \_\_\_\_\_ years old and I am majoring in \_\_\_\_\_. My hometown is \_\_\_\_\_ and I really \_\_\_\_\_ it there because \_\_\_\_\_. I always dreamed that someday I would \_\_\_\_\_, and that dream has \_\_\_\_\_ true. I feel \_\_\_\_\_ about it now! Some things I like to do include \_\_\_\_\_. There are many things I am good at and one of them is \_\_\_\_\_. I did a really interesting thing once and that was \_\_\_\_\_. My family consists of \_\_\_\_\_. If I could change one thing about myself it would be \_\_\_\_\_. Still, I am really glad to be here right now because \_\_\_\_\_. I would really like to get together with anyone who be interested in \_\_\_\_\_. The one thing I want to be remembered for is \_\_\_\_\_. As far as future plans are concerned, I hope to be \_\_\_\_\_ someday.

## STRING GAME

Participants select pre-cut lengths of string from the group facilitator . Each member holds the string between his/her thumb and forefinger. For each "wrap" of the string around the finger, participants must share one thing about themselves.

## TRUTH, TRUTH, LIE

Give the group some time to write down two things about themselves that are true, and one thing that is a "lie." Each group member will then share these facts about themselves and the rest of the group has to figure out which "fact" is actually a "lie."

## **LIFELINES**

Each member draws a line on paper to represent the highs, lows, significant events, turning points, etc. of his/her life to date (can also project into future). Members share their lifelines with other members. Members ask questions about each other's lifelines. This exercise also can be done with pipe cleaners and verbal explanations.

## **MASKS**

Participants are given a piece of paper (preferably poster board). They are asked to cut out a face shape (that is fairly large – like the size of a regular face). They can cut out eyes and a mouth if they would like. Participants are then asked to decorate the face. One side represents what they feel people see/know/believe about them (on the outside). The other side represents what he/she feels about themselves (things going on the inside, what people do not necessarily know or see, etc.). The participants then share with the group if they feel comfortable.

## **PIECE OF THE PUZZLE**

Facilitator should cut a puzzle out of poster paper ahead of time. (There should be one piece for each member of the group.) Have participants decorate their piece to represent who they are and what they feel they can contribute to the group. Once participants are done, have them share what they have on their piece. Participants should then assemble the puzzle. Facilitator should initiate a discussion on the power of everyone coming together, how much more of an impact a put together puzzle can have, than separate pieces, and how a final product could not be reached without a contribution from every piece of the puzzle.

## **WHOMP 'EM**

One person is the "Whomp 'Em Master." That individual stands in the middle of circle with the "Whomp 'Em Sword." (Could use Styrofoam tube or rolled up tube of newsprint, etc.) The rest of the group sits in a circle with legs out toward center of circle (leaving enough room for person standing in middle). The object of the game is for the "Whomp 'Em Master" to get stuck in the middle of circle. Someone starts off round by saying the name of a member of the group. The Master must "Whomp" (hit) the legs of that member, before that member says the name of another member. The game goes on until the Master hits an individual before that individual can say another person's name (can not repeat name that has been said in round already.) When the Master succeeds in "Whomping" an individual, that individual becomes the new Master. Best if played following another name game, so individuals have a sense of who each other is.

## **VALUES DISCUSSION**

Have participants find two people who are wearing the same color as them. Have them find a spot where they can talk together. Instruct them they will be talking about some issues and you will give them new topics every few minutes. Here are some samples:

- Talk about the most important thing you learned this year.
- What are the easiest and hardest emotions for you to express and why?
- What is something that few people know about you?
- What do you value in a friend?
- What do you want to be doing in five years?
- What is one goal you have for next year?
- What is a motto you try to live by?
- What is the greatest challenge you are facing?
- What do you like most about yourself?
- What do you value in a loving relationship?
- What do you value most in life?

## **MOTION NAME GAME**

Have everyone stand in a circle. Anyone can begin the game by saying his/her name and demonstrating a [physical] motion to go with it. When the person is done, the entire group repeats the name and the motion. Then, the second person (on either side of the first) introduces him/herself and does a motion. The entire group repeats that name/motion and then the first name/motion. This will continue until each person has given their name and done their motion, and the entire group has repeated everyone's name and motions.

## **NAME TAG MANIA**

Participants are given a name tag and a magic marker. They are asked to print their name on the upper portion of the name tag and then to draw three objects that represent who they are on the bottom portion of the tag. After completing the activity, participants are then asked to share their names and what they drew on the tags. (i.e. My name is Jess. I drew a sailboat, a dolphin, and a paint brush.)