

Draw Yourself!

Activity Duration

Allow about 10-15 minutes per person. This allows for draw time and ensure you as a facilitator can ask questions and dig in when a particular topic gets interesting.

Materials

For virtual experience, participants can pick any graphics software. This allows the user to pick a software they are most comfortable with and can give the facilitator insight in to how the individual tackles a problem (MS Paint vs. Photoshop vs Teams Whiteboard).

When in person it is best to have a room full of whiteboards, glass or even butcher block paper so everyone has enough space to work on their drawing. **Virtual experience tends to be easiest to run.**

Activity

Ask the team members participating in the exercise to draw themselves and label various parts of their body. Feel free to add and remove body parts that you see fit (have fun with it!). Be intentionally vague.

- Eyes – What do you like to see?
- Nose – Favorite smell?
- Ears – Something you like to hear
- Shoulders – Something that weighs on you
- Heart – Something close to your heart
- Stomach – Favorite Food
- Feet – Somewhere you want to go?
- Hands – Something you like to build

After about 10 minutes, have each team member present their drawings one by one. As a facilitator, it is sometimes helpful to start and break the ice.

Tips and Insight for Leaders or Facilitators

- Watch how participants physically draw themselves. Who is a minimalist and comfortable with an MVP (stick figure), who is a perfectionist? Who is a surprise artist? Who couldn't finish the activity?
- Some body parts are not really "deep" (nose, stomach), but some are (eyes, shoulders, heart). Use this information to help understand what motivates your team in the future. Are there common themes? Fears? Motivators?
- Some answers will be wildly different, and that's ok. Some will share what weighs on them at work, some will give their life story. Both are valuable answers.
- Stomach – Cheat code to know what everyone likes for a team lunches (its usually sushi).
- After running this exercise, you will find that people will share a LOT more about their life than most exercises and you and your team will have a much stronger understanding of what makes each person tick. You might also find who is surprisingly receptive to these types of team-building exercises, and who isn't!