Number of People Time Items Required 3-4 people Up to 30 minutes Flip chart for each team Magic marker for each team Magic marker for each team

What You Know About Me

This exercise allows all participants to see what other know about them and is a good team building exercise.

- 1. Place the flip charts in a circle around the room. Divide the group into teams of 3-4 four people and designated each team in some way, such as Team A, Team B, Team C, etc.
- 2. Place each team in front a flip chart and have each team write their Team designation—Team A, Team B, etc.—at the top. Then have them section off their flip charts—one section for each team member with plenty of room between names so that information can be added.
- 3. Now have the teams move to the flip chart to their right. So, for instance, Team A moves to Team B's flip chart, Team B moves to Team C's flip chart, etc.
- 4. Now have the teams write everything they know about the persons listed on the flip chart. Allow 5 minutes for this task.
- 5. After 5 minutes have the teams rotate to the next flip chart to their right, and so forth, until the team eventually arrives back at their own flip chart with their own names on it.
- 6. Allow the team members time to examine and discuss what has been written about each of them.