

One Word in One Minute Activity



This activity is designed to help you engage your team.

Time required

10 – 20 mins
dependent upon
size of group and
the conversation
generated

Group size

No limit – break
groups into smaller
group of approx 4 -
5 people

Materials needed

No materials
required

Aim of activity

To encourage
conversation
amongst the group/
team about how
they are feeling or
thinking

Steps

1. Divide your team into smaller groups (approx 4 – 5 people).
2. Ask the groups to think of ‘one word’ which describes the current culture/vibe of our organisation. They will have just 1 minute.
3. This activity provides a snapshot in what people are currently thinking. Of course you can choose any topic you feel is appropriate for your team.
4. You will notice conversation will spark off in each group as they discuss what each other is feeling, thinking. Keep an eye on the time. You want to capture thoughts, feelings etc that are at the forefront of peoples’ minds
5. You will notice conversation will spark off in each group as they discuss what each other is feeling, thinking. Keep an eye on the time. You want to capture thoughts, feelings etc that are at the forefront of peoples’ minds
6. Ask each group to share their ‘one word’ with the larger group and to share their 2 – 3 main points which were discussed
7. Debrief the activity by
 - highlighting any common themes
 - seek suggestions from the group on what the team could do to help one another
 - understand what support people may require