

Select an Item

Introduction: This activity will help participants to reveal something about themselves and aid “the getting to know you” process.

Time Frame: Depends upon the size of the group, approximately 1 to 2 minutes per person.

Group size: Works well for groups of 20 and under.

Materials: Gather small items such as post-it notes, key chains, pencils, pens, a small tape measure, etc. Fun and unique items are great. There should be enough items to provide at least one item for each person in the group. Having more than one item for each person is best; duplicates are also good though there should be some variety.

Directions:

1. Put all of the items in a box or basket and invite the participants to come up and select one item from the basket.
2. After each person has selected an item, ask everyone to be prepared to tell the group who they are, why they selected the item they did, and what it means to them in their life/how it relates to their life. For instance, someone who selects a pad of “post-it notes” might say “I use them all of the time because I have a short memory.”

Debrief:

- When you looked at the items but could not select the one you really wanted because someone else had selected it, how did you feel?
- Can you relate to some of the “reasons” other stated for selecting the items they did?

