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| **BACK TO BACK:** Every group member must find a partner of approximately equal height and weight, if possible. The partners will lock arms with their backs to one another. With arms remaining locked at all times, the partners will sit down on the ground, kick their legs out straight, and try to stand back up. Then groups of four will try the same thing. Then groups of eight, sixteen, and eventually, the entire group together. This is the perfect activity to begin a trust sequence. |  |

**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?

**SING DOWN:** Teams are created of anywhere from three to ten in a group. The leader will give the groups a word (i.e. love, boy, dance, etc.), and give the teams one minute to think of as many songs as they can with that word in it. Once the minute has passed, one tam begins by singing a part of a song with that word in it. All team members must sing it. The other team then responds. NO SONGS MAY BE REPEATED. The group who has the most songs, wins. The process then can be repeated with another word.

**WHAT YOU DON’T KNOW:** Tape a blank piece of paper (poster board - kind of like a billboard over the person’s head) on everyone’s back. The members are to write a compliment or positive comment on everyone’s back. At the end of the session, explain that a lot of times we tend to give compliments behind someone’s back and it is not very often that we actually say these things to people’s faces. We sometimes take for granted the positive aspects of others. If you wish, you may also explain that criticisms often are given behind other’s backs as well, and that it may be more effective if they go to the person, instead of others. Have the group members pair up with someone they would like to get to know better and remove the paper from each other’s backs. They should then explain to that person why they would like to get to know him/her better.

**AFFIRMATIVE FOLD-UPS:** Have group comfortably sit in a circle. Give each participant a sheet of paper and ask them to write their name on the top of the paper. Place all of the papers in the center of the circle. Have each participant draw a sheet from the center (not their own) and ask them to write one (or a sentence) positive word about that person at the bottom of the sheet. They then fold the paper up to cover up the word. Have them place the sheet back in the center and repeat on another sheet. Participants will continue to select other’s sheets from the circle to write affirming words on, until the name is the only thing showing on the paper. The leader can then distribute the papers to their owners. This is a great game to do at the end of a retreat, the end of a year for an organization, at a staff meeting, etc.