



STAND UP IF...

A CONNECTING EXERCISE

PURPOSE:

To help students connect before embarking on the day's lecture or class discussions.

TOPIC:

Connecting First



NOTES ON THIS RESOURCE:

When people enter a new group, they have two competing desires: to fit in and to stand out; to be the same and be different.

This exercise allows people to find ways in which they are like other people and ways they are outside the norm. It is also a more physical connecting exercise that can be done many ways—here are two.



DIRECTIONS

Version 1: Stand up if...

Have your students stand up when they hear a statement that is true for them. When the students have had a chance to see who is standing, have them sit back down and read the next statement in the list. When you have exhausted your list, invite students to name their own categories. Here are some examples:

- Have been on an airplane
- Play an instrument
- Like to dance
- Left siblings to be here
- Harbor a grudge
- Have been in love
- Have had your heart broken
- Have lost a loved one
- Believe in the supernatural
- Like being scared
- Speak a second language
- Speak a third language

Version 2: Moving along a continuum

Invite students to imagine a continuum from one side of the room to the other. On one end of the continuum is the first option that completes the following statements; at the other end is the second option.

Invite students to place themselves somewhere on the continuum. Ask them to notice where they are in relationship to others. You might stop now and then and ask someone to speak about why they chose that specific point in the room.

Here are some examples of continuums:

- I prefer to spend more time: alone / with others
- Changes: I love them / I hate them
- I prefer: talking to think / thinking to talk
- I value structure and authority / no one tells me what to do
- I currently live exactly where I want to live / I would give anything to live anywhere else
- I like to return to the same place / I seek out new places to explore