

MIX IT UP

MATERIALS |

chairs

OBJECTIVES | The objectives of this activity are for participants to realize how much they have in common and to build community by having fun together.

FACILITATOR INSTRUCTIONS |

Ask participants to sit in a circle with one chair too few.

The person without a chair stands in the middle of the circle and states something that is true for them. While it is not necessary to do so, facilitators may decide to give more specific prompts. For example, you may prompt participants to share something they enjoyed about the week, something they like to do in their free time, or something they are proud of.

Everyone else in the group who agrees with the statement or for whom it is also true, must stand up and switch seats. They cannot choose a seat directly to their left or right. The person in the middle of the circle should also now try to find a seat.

Whoever is left without a seat must now stand in the middle and make a statement that is true for them. Repeat until time is up.

DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- What did you learn about each other?
- Why is fun an important part of building relationships and community?



SUPPORTING MEDIA |

<https://www.michiganlearning.org/recognizing-commonalities/>

NOTES |

This activity can be used as a closing activity. For example, you could invite participants to share something they learned, something they appreciated about the day/lesson/class, something they are taking away from their time together etc.

ACCESSIBILITY: This activity may not be appropriate for groups in which participants have mobility disabilities.

CAUTION: Remind participants to be aware of their bodies. People can easily run into each other if they are not being cautious.