

Reach Out and Touch Someone...

Objective: An exercise in group affirmation and teambuilding.

Group Size: 15 or more.

Time: 45 minutes or more depending on the group size.

Materials: Touch someone worksheet.
Space for participants to safely lie down on the floor.

Instructions: This exercise should be done with a group that has worked together for a while as a way of affirming each member's contributions. The facilitator will instruct each of the participants to lie face down on the ground with eyes shut. Once everyone is comfortable the facilitator will tap 3-7 individual to open their eyes and stand up. Once standing they will be instructed to tap (on the shoulder, arm or back) the individual that the someone statement most pertains to. Once the facilitator has read through several statements the tapped individuals will resume their positions lying on the floor with eyes closed and the next group will be tapped. This will continue until all members of the group have had the opportunity to *reach out and touch someone*.

Processing Questions:

1. How did this activity make you feel?
2. How important is it to affirm the contributions of group members?
3. How did you feel when someone touched you?
4. At the beginning of this exercise you felt _____, now you feel ___?
5. What are some other ways to affirm each other?
6. What if any are some "someone" statements that you wished had been said?
Would you like to recognize a few of those who you would have touched had that statement been read?

Reach Out and Touch ...

- Someone who makes you laugh
- Someone you wish you knew better
- Someone who is a leader
- Someone you admire
- Someone who has taught you something important
- Someone who has shared a secret with you
- Someone who is a friend
- Someone you trust
- Someone you respect
- Someone who really lives out loud
- Someone who is a good listener
- Someone who has helped you when you need it most
- Someone who can really brighten your day
- Someone you can depend on
- Someone who really carries the team
- Someone who has made you try harder
- Someone who has inspired you
- Someone who is fun to be with
- Someone you have told a secret with
- Someone who has touched your life
- Someone who gives it their all
- Someone who has given you good advice
- Someone who is very special to you
- Someone who is very strong
- Someone who does a good job
- Someone who challenges you
- Someone who shows compassion
- Someone who you appreciate
- Someone you believe in
- Someone who has recently done something nice for you
- Someone with values that you admire
- Someone with a good sense of humor
- Someone with dreams and ability to make them happen
- Someone who is creative
- Someone with good ideas
- Someone reliable
- Someone who is patient
- Someone who is forgiving
- Someone who represents the group well