

In and Out

- Goals:** To help release initial nervousness about being in a new group or class.
To foster feeling of “instant community” with people in small groups.
- Group size:** Unlimited, space permitting.
- Time required:** 10 minutes at least.
- Direction:** Facilitator: This is an exercise for forming and reforming groups as quickly as possible.
The important work in this warmup is IN. Whenever I call out IN, it means a new group for you to get into.

Okay. Get IN to a group of 3...Now, IN to a group of 6...Now IN to a group of 4. Don't worry if you're late connecting – just get into the groups I'm calling out now. The idea is to meet as many people in as many different groups as you can, and as quickly as you can.

Now, get IN to a group where everyone in the group has one item of clothing the same colour as you have...Now IN to a group with people whose eyes are the same colour as yours. Now think of the last digit in your address. Get IN to a group where everyone else's has that digit...etc...

Now, get IN to a group of people born in the same province as you (or state). All of you link your little fingers. Now, left-handed people get IN to a group; right-handed people IN to another. Link your thumbs. Now everyone get IN to one group and hold hands...

Source: *The Warmups Manual*, Nell Warren Associates Inc.
Toronto, Ontario Canada. 1993

Time Pie

- Goals:** To stimulate self-awareness and sharing of personal information.
To use group support for planning of change.
- Group Size:** Subgroups of 4-6.
- Time Required:** Can be a 20-minute introduction, or the subject of one or more meetings.
- Directions:** Facilitator: I am going to hand each of you a sheet of paper and several crayons. We're going to draw a picture of one aspect of our lives – in an unusual way.
We know that each one of us “distributes” our energy, our love, our time in different ways. Take a minute and try to imagine, for example, your time as a pie. Think of the things that take up your total time in a week – not counting eating and sleeping. Now, make a time distribution pie (show an example of your own).
When that's done, make up a second pie to illustrate the distribution you'd like to have.
- When everyone's done, you'll have a little time to share your pie with your group, tell each other about any surprises, and begin to talk about how to get from your first pie to your second.

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