Race for the Truth

You and the other "runners" in the room are about to embark on a race for the truth. Your goal is to cross the finish line as quickly as possible by truthfully answering questions about yourself as you follow the facilitator's directions.

1. Line up on the starting line as directed by the facilitator.
2. In a moment you will hear a statement. If it is true about you, move forward one step. If it is false, remain at the finish line.
3. Once all first moves have been made, the facilitator will make another statement. Again, if it is not true, move forward one step. If it is false, remain on the starting line if you have not yet advanced. If you have advanced past the starting line, take one step back.
4. Repeat step three until the first "runner" completes the race.

Materials Needed

2 Long Pieces of String for the Start and Finish Lines

List of Statements Related to the Group (e.g. "I have worked here more than one year." "I think we have too many meetings around here." or "I understand xyz aspect of my job.")

Time

Allow five to ten minutes for this activity.

Variations

Narrow the scope of the statements to relate to issues at work, materials being covered etc.

The Pocket/Purse Game

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Everyone selects one (optionally two) items from their pockets or purse that has some personal significance to them. They introduce themselves and do a show and tell for the selected item and why it is important to them.

Paper Airplane Game

Everyone makes a paper airplane and writes their name, something they like and dislike on it (You may also want to add additional questions). On cue, everyone throws their airplane around the room. If you find an airplane, pick it up and keep throwing it for 1-2 minutes. At the end of that time, everyone must have one paper airplane. This is the person they must find and introduce to the group.

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