



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Are You Really Looking At Me?

Objective: To break the ice in a group of strangers, break down barriers in groups, or help group members get to know each other.

Procedure: Pair off by birthdays, eye color, or some other means you choose. Sit face to face and take a good look at each other. Turn back to back and change three things about yourself. Turn back around and name the changes your partner has made. Without correcting these three items – go back to back again and change three more things. Don't pass up the opportunity to compliment one another on things never before noticed.

Reference: Martin, R.R.; Weber, P.L.; Henderson, W. E.; Lafontaine, K. R.; Sachs, R. E.; Roth, J.; Cox, K. J.; Schaffner, D. (1987). Are You Really Looking At Me? (Section 2 p.7). LASER D.I.S.C. Columbus, OH: Ohio State University Extension.