Who Are You?

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

Procedure: One person is chosen as the focus person. Someone in the group asks the question – Who are you? The focus person gives one word which describes her/himself. (These could be written down ahead of time.) Others continue to ask the question, again and again until the focus person has answered all the questions s/he wants then changes the focus person by asking, “______, who are you?” This continues until everyone has shared. (6)