OUTWARD BOUND ROMANIA

FLOWER



Experiential education

indoors | outdoors

N° of pax 12-32

group work

30-40 mins

PURPOSE

GETTING-TO-KNOW-EACH-OTHER

- explore common interests
- explore unique features of others
- ice-breaker

MATERIALS

- flip chart papers (1 for group)
- markers (1 for group)

INTRO

This is an ice-breaker, a getting-to-know-each-other activity, which explores common interests and unique features of the participants. It is ideal for starting a program in a team where participants fairly know each other or are complete strangers.

FLOWER

STEPS

1. Participants are invited to divide into small groups of 4-5 members. Each small group receives a flipchart paper and a marker.

2. (15 min) They have to draw a flower with as many petals as the number of group members. Each petal, representing a group member, has to be filled with 3-4 features characteristic only to that member of the group and no one else. The center part of the flower has to be filled with features or interests characteristic to all group members.



3. Then, the participants are invited to present their flowers in the large group

4. As a final step the whole group can be represented in a single flower using the same rules

5. The facilitator gathers everyone in a circle to share and reflect on the experience.

REFLECTION

- How did you feel finding the common and the individual features?
- What did you discover/learn about the others?
- How do you think this activity can contribute to resilience building?

COMMENTS

The flowers can be posted in the training room for further discussions.
Variation 1: This can be also done without any equipment/material at all, just by using verbal interactions, specially if it's done outdoors

Variation 2: This activity can also be adapted to a closing activity.
Make the group flower and:

- cut the paper into a flower shape
- bend the petals into the middle laying them on top of each other
- prepare a large container with water and put some nice music
- ask participants to put the folded flowers into the water and gather in a circle around it, moving slowly in a circle.
- with time the flowers unfold and it's a nice opportunity to appreciate each other.