

Get-To-Know-You Program 100+ people (30 mins)

1. [Velcro Circle](#) – quick & inventive circle-forming exercise
2. [Vortex](#) – interactive, non-threatening, random partner sharing activity
3. [ESP](#) – passive, fun activity which invites partners to think alike

Props – none required

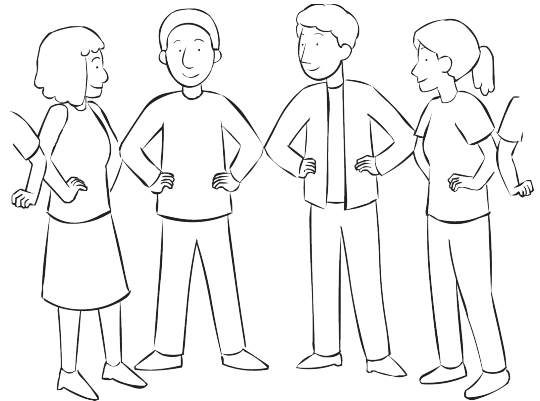
Step-by-step instructions for each of these activities are provided below.
To view video tutorials, practical leadership tips & popular variations, click the links above.

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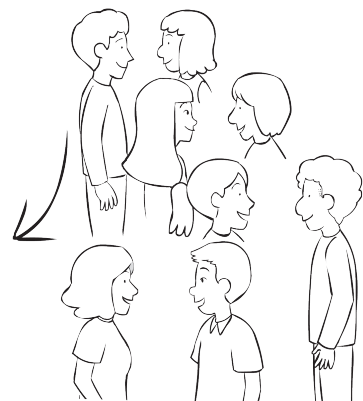
1. Velcro Circle (3 mins)

1. Ask group to form a tight circle, with arms by their sides pressed up against their neighbour's arms.
2. Explain that when you announce "VELCRO CIRCLE," you want the group to form this-sized circle.
3. Ask your group to take a large step out of the circle, and place their hands on their own hips.
4. Invite everyone to adjust their position so that neighbouring out-stretched elbows are touching.
5. Explain that every time you announce "SUPER HERO CIRCLE," you want the group to form this-sized circle.
6. Test your group's rapid execution by announcing a series of random Velcro or Super Hero Circle calls in a row.



2. Vortex (15 mins)

1. Ask your group to form into pairs, and assign the number 1 or 2 to each person.
2. With partners facing one another, ask all number 1 people to form a circle on the inside of a second circle formed by all number 2 people.
3. Pose a question which invites each partnership to

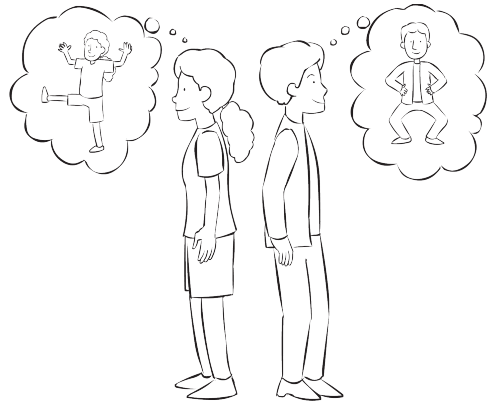


have a short conversation.

4. After a minute or two, ask one of the circles to rotate to the left (or right) a specified number of places, so that everyone faces a new partner.
5. Continue this process of changing partners several times, asking a different question each time.

3. ESP (12 mins)

1. Ask your group to form into pairs, and gather around you.
2. Identify three definable and unique physical gestures which reflect your program goals, or anything three things such as Happy, Sad and Shocked.
3. Practice all three gestures several times with your group.
4. Pairs start by standing back to back with their partners.
5. On the count of three, everyone turns around swiftly to face their partner and demonstrate one of the three gestures.
6. Each person aims to match the gesture of their partner as often as possible within, say, five rounds.

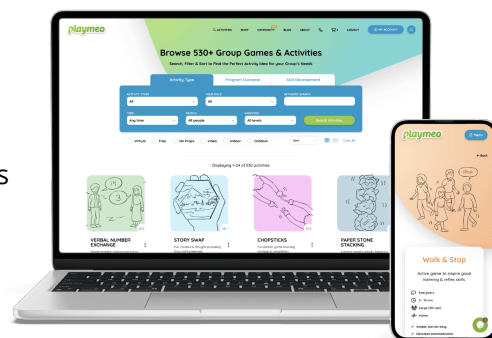


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