

GROUP RAINSTORM

MATERIALS |

None

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OBJECTIVES | The objective of this activity is for participants to understand on how their small individual contributions can create a larger outcome when they work together.

FACILITATOR INSTRUCTIONS |

Ask participants to sit or stand in a circle and tell them they will be working together to create a rainstorm.

The facilitator will go first and in clockwise order the other participants will transition as the person next to them transitions to a new move.

First, rub your hands together to make a swishing sound.

Next, snap your fingers, right hand, left hand, right hand, left hand, etc.

Then, slap your thighs, right, left, right, left, very fast.

Finally, stomp your feet, right left, very fast.

The sound should move around the circle as participants transition their moves one at a time.

DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- What are other examples of how our individual efforts, skills and contributions can contribute to a greater whole?



SUPPORTING MEDIA |

<https://www.michiganlearning.org/icebreakers-and-name-games/>

NOTES |

This activity is especially good to pair with days focused on creating community norms or classroom rules.

ACCESSIBILITY: This activity may not be appropriate for groups in which participants are Deaf or hard of hearing.