

ESSENCE

Source: www.thiagi.com

Overview

A group activity to write a statement in exactly 16 words, then 8 word, then 4 words.

Purpose

- Communication
- Team building
- Creativity

Time

- 30 – 45 minutes

Number of participants

- Up to 50

Activity Flow

- Break the group into diverse groupings of 5 – 7 people
- Ask them to write a description of the topic (eg their unit's role, the purpose of the program, etc) in exactly 16 words – no more, no less
- When the groups have finished have them present their descriptions.
- Ask the other groups to pass 'judgment' in the usual manner eg clapping and cheering
- When all the descriptions have been heard, instruct the groups that they can now take any ideas from all the descriptions and rewrite their statement, this time, in exactly 8 words (no more, no less)
- Repeat the process if time permits and do the statements of four words.

Debrief

- What did this process do to our understanding of 'x'?
- What new insights do we have about 'x'?