Love it – Loathe it

What is it for?
A sociometric decision-making approach

Time & People
5 - 30 minutes
Any number of people
Ideal: around 20

Materials
Scale written on cards

Source
Nicole Hunter, adapted from Sam Kaner’s “Gradients of Agreement”

And...
If someone cannot make a decision about where to stand, use that as a way for those who have made a clear choice to advocate for their position on the line.

Activity Flow
• Introduce the decision that has to be made
• Introduce the scale
  o Love It
  o Like It
  o Live With It
  o Lament It
  o Loathe It
• Ask people to stand up
• Re-state the decision to be made and invite people to stand on the scale according to their choice
• Lead a discussion amongst participants while still standing on the scale about what their choices mean