Sociometry (Line-ups, Category, Star)

LINE-UP aka CONTINUUM  
*Source: Sociometry: Measuring individual relationships in a group. Also known as a continuum.*

**Overview**  
People are invited to stand along a continuum according to their own assessment.

**Purpose**  
- Warm-up  
- Needs assessment  
- Evaluation  
- Team building  
- Communication  
- Closing

**Supplies**  
- Open floor space to enable the number of people in the group to line up in single file

**Time**  
- 5 – 10 minutes

**Number of Players**  
- 5 - 100

**Activity Flow**  
- Have the participants stand up  
- Describe the line, explaining the two extremes at each end  
- Invite people to stand on the line according to their own assessment

**Examples and variations**  
- Length of time working with 'x'  
- How long it took you to travel to this meeting  
- Amount of experience or understanding you have of the topic (can ask people to take one step towards more understanding/experience and describe what they need from the meeting)  
- Can ask one end of the line to double-back creating pairs

CHUNKING  
*Source: Sociometry: Measuring individual relationships in a group. Also known as a category sociometry.*

**Overview**  
People are invited to stand in groups according to pre-determined criteria.

**Purpose**  
- Warm-up  
- Team building  
- Communication  
- Closing

**Supplies**  
- Open floor space to enable the number of people in the group to stand in 4 – 6 groups  
- Paper and marker pen to write up the group category, tape (or pre-prepared categories, if appropriate)

**Time**  
- 10 - 20 minutes
Number of Players
• 5 - 50

Activity Flow
• Have the participants stand up
• Describe the categories and show where they are
• Invite people to stand at one of the categories, eg
  o Select the one that best describes you
  o Select the one that is most challenging
  o Is easiest/hardest for you to understand
  o You are drawn to
  o You would like to work on
• Invite participants to talk with each other about why they chose to stand where they did
• Hear some responses from each group

Variations
Can also use other categories such as birthday months.

STAR SOCIOMETRY
Source: Sociometry: Measuring individual relationships in a group. Also known as a category sociometry.

Overview
People are invited to choose another person in the group who meets certain criteria

Purpose
• Team building
• Communication
• Connection

Supplies
• Open floor space

Time
• 10 - 30 minutes

Number of Players
• 5 - 50

Activity Flow
• Have the participants stand up
• Describe the process of putting your hand on the shoulder of another person, and that you need to move with that person if they go towards someone else
• Ask participants to put their hand on the shoulder of a person who they would choose to…
  o Have a number of categories prepared
  o Avoid intimacy questions eg the person you like the most
  o Include one ‘wild card’ question eg the person who is most likely to ride a motor bike across India
• If participants are well known to each other, can invite them to tell each other why they chose them
• If participants are not well known to each other, do a general check of who else in the group has that particular skill or knowledge

Debrief
• What is it like to be chosen, not chosen?
• What does this activity provide for the group? For individuals?
• Why is it important to know each other’s strengths?