

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
 - Select the one that best describes you
 - Select the one that is most challenging
 - Is easiest/hardest for you to understand
 - You are drawn to
 - 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...
 - Have a number of categories prepared
 - Avoid intimacy questions eg the person you like the most
 - 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?