

TRUE FOR YOU

Source: Unknown

Overview

The group sits in a circle with one person standing in the middle. They say something that is 'true' for them, and if it is also true for others they must find a new seat. One person will always find themselves in the centre.

Improv Topics

- Listening and Awareness
- Being present

Purpose

- Communication
- Reflection

Time

- 5 - 15 minutes

Number of players

- Various

Game Flow

- Sit everyone in a single circle, making sure there are no spare chairs
- Invite participants to put down, and either behind or under their seat, any bags, cups etc
- Suggest that we all take care of each other too ie be careful
- Start with yourself in the centre and explain that you are going to say something that is 'true for you'
- Explain that if it is also 'true for you' (someone sitting in the circle) you must move to another seat (preferably not the one right next to you)
- This is a form of 'musical chairs' where one person will always be in the middle
- Can change the focus to describe what's 'true for you' in relation to expectations (at the beginning) or lessons learnt, insights etc (at the end)

Suggested debrief questions

- Usually doesn't require a debrief, but you can ask the following if needed
 - What strategies did you use to play the game?
 - Why do we become quite competitive when playing this?
 - How does this game reflect how we operate in the workplace?