## Exercise #6: Additional Games to Help Everyone Learn More About Each Other

Here are more exercises to get people to know each other better that I have seen used that work:

1: **Two Truths and a Lie:** Have everyone introduce themselves and then say 2 truths and a lie about themselves. Then people guess the lie. This reduces the stress on a team while teaching us interesting facts about your colleagues. Why does this work? Because this helps to break down barriers. Laughter reduces stress and encourages a more team based collegial environment.

2: **Hometown & Hobby:** go around the table or the room again and say your name, where you are from and what your favorite hobby is.

3: **Desirable Vacation Destination**: Go around again and answer the question of what country you would love to visit on vacation and why.

4: **Other Favorites Games**: Consider repeating the exercise mentioned above for any of the following:

* Your favorite sports team.
* Your favorite movie that motivated you or inspired you
* Your favorite book
* Your favorite food
* Your favorite inspiring quote, which is my favorite.
* What was your nickname and why growing up. Mine was Harpoon and Baboon.
* Now the more fun part. Have everyone put their nickname in a hat. Then have someone pick a name from the hat and draw it on the board until someone guesses what the nickname is.
* Do same in a hat with a favorite movie, food, sports team etc that was also mentioned during this exercise.

5: **What Do We Have in Common Game:** Split the room into 2 (or more) groups. Separate teams by splitting up people that hang out together. Then for 10 mins each team has to list as many things that they all have in common. Tell the teams to each list at least 10 things that they all have in common. Then both teams meet and they have to find at least 2 things they all have in common (meaning both groups).

**Why is this exercise important?**

When employees know each other better and laugh more together, they are more motivated to share ideas more often as barriers are removed.

**Optional Comments / Game Ideas:**

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