

This or That

Choose between "this" or "that" to get to know your group

TIME
10-20 minutes

MATERIALS
None

TEAM STAGE
Forming

Learning & Development Outcomes

This activity is a great way for participants to get to know each other a little better. Participants must make a choice between two options presented to them by the facilitator and show their choice by moving to one side of the room or the other.

Outcomes are focused on developing *21st Century Skills* and the *National Association of Colleges and Employers (NACE) Career Competencies*, including, but not limited to:

- Responding open-mindedly to different ideas and values.
- Conducting themselves in a respectable, professional manner.
- Employing active listening, persuasion, and influencing skills.
- Keeping an open mind to diverse ideas and new ways of thinking.



Preparation & Logistics

Set up:

- Designate a division of "this" and "that."
- Prepare a variety of statements for participants to choose between "this" and "that." For example:
 - Cats or dogs
 - Books or movies
 - Sweet or salty
 - Sun or snow
 - Sports or the arts
 - Superheroes or super villains

Safety:

- Be sure to keep the statements low risk and omit statements that could be divisive to the group.

Additional Considerations:

- Set aside additional time for a debrief!
- [Click here to watch it live!](#)

Instructions

Summary

Participants must make a choice between two options presented to them by the facilitator and show their choice by moving to one side of the room or the other.

This activity is fun for all ages, just adjust prompts to be age appropriate!

Step 1: Share the Rules

- Arrange participants in a large group.

Step 2: Begin the Activity

- Read aloud two options and indicate which side of the room is for what option.
- Have the participants make a choice between the two - do they prefer "this" or "that"?
- Once they have decided, they will move to the appropriate side of the room.

Step 3: Administering the Rules

- They should look around at who is standing with them and who is standing on the other side before the facilitator reads the next statement.

How to end the activity

- Play continues in this way until all statements have been read.

Can participants choose to stand in the middle?



"Even if it is a challenging task to choose one side over the other, encourage participants to make a final decision and not stand in the middle!"



Facilitators can choose a few prompts to have participants talk to someone near them about why they chose the side they did.



Debrief Questions



These questions are a starting point to guide your debrief. Pick the ones that best match your group's experience and add or change questions as needed!

What

- What was the easiest statement to choose from?
- Which was the hardest statement you chose from?

So What

- What did you learn from others in this activity?
- What questions do you want to ask the other participants?

Now What

- How will you use this information about the other participants?
- How will you think differently when you see others making a choice that you do not prefer?

Adjustments for...

Large Group (25+)

- If the participants are in an area that is difficult to move around in, consider having participants open or close their fists for their “this” or “that” answers.

Medium Group (10-25)

- Allow participants to say why they chose to be on their side.
- Consider having them try to persuade others to join them.

Small Group (1-9)

- Allow participants to say why they chose to be on their side.
- Consider having them try to persuade others to join them.
- Prepare a dyad question and once participants have settled on their “side” have them respond to the question with someone close by.

Group has prior experience

- Be creative with the statements!
- Consider more challenging statements such as; loyalty or teamwork; respect or truth; accomplishing goals or making friends.
- Invite a few participants to make their own “this” or “that” statements to use in the activity.



Each adjustment is its own unique idea for how to facilitate this activity for different groups and situations! Choose any or all that work!