



This or That

Choose between “this” or “that” to get to know your group

TIME

10 minutes



TEAM STAGE

Forming

MATERIALS

None

SUMMARY

This activity is a great way for particularly large groups to get to know a little about each other. 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.

SET UP

- 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*
 - *Netflix or Disney Plus*
 - *Sports or the arts*
- Designate enough space for participants to move around freely.
- Define a middle boundary line in this space.

INSTRUCTIONS

- Read aloud two options and indicate which side of the room is for what option.
- Have 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.
- 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.
- Play continues in this way until all statements have been read.

VARIATIONS

- Focus the “this” or “that” options around a specific topic, like leadership:
 - *Leaders speak or leaders listen*
 - *Leaders lead or leaders follow*
 - *Leaders get things done or Leaders connect people*
 - *Leaders take responsibility or Leaders share responsibility*
 - *Leaders teach or Leaders learn*
 - *Leaders prepare and plan or Leaders react and respond*
 - *Leaders are born or Leaders are made*
 - *Leaders serve their goals or leaders serve their people*



VARIATIONS *(continued)*

- Invite participants to make up their own “this” or “that” options to use in the activity.
- Prepare [Dyad](#) questions and once participants have settled on their “side” have them respond to these questions with someone close by.



High Risk: This activity can be more high risk by using more serious or thought-provoking statements such as:

- *Your values or your identities*
- *Memories or present experiences*
- *Help a friend or have a friend help you*



Online: To facilitate this activity virtually, use participant reaction buttons to signify participants’ choices. For example, *click the clapping reaction if you prefer “this” and click the thumbs up reaction if you prefer “that”*. A collaboration platform such as Google Jamboard can also be used with one side of the slide labeled “this” and one side labeled “that”, have participants write their names on a sticky note, and have each participant move their name to one side of the slide after hearing each statement. [\[click here for video\]](#)



Asynchronous: To facilitate this activity asynchronously, create a shared Google Sheet or Google Doc with a table. In the document list a series of “this” or “that” options and have participants write their name in the part of the table that corresponds to their choice for each statement.

DEBRIEF QUESTIONS

- Which was the easiest pair for you to choose from? Why?
- Which was the hardest pair for you to choose from? Why?
- What is a pairing that you would like to ask the group about?

■ **Facilitator Note:** As a general note, icebreakers are used for the purpose of breaking the ice and getting a group warmed up to participate in lessons and activities that will include debrief questions. Typically an icebreaker does not need to be debriefed, however, when done intentionally, inserting a mini debrief or thought provoking question after an icebreaker can help to set up the rest of the lesson and tie the entire experience together in a more seamless fashion. These are some sample questions that can be used or modified to connect to the lesson that will follow.