



ACTIVITY: Walk Together – Walk Apart

Purpose

The purpose of this activity is to:

- Build relationships with co-workers by highlighting similarities
- Recognize that although differences can sometimes divide us, focusing on similarities can bring us back together

ESTIMATED TIME

10 minutes

MATERIALS

Similarities and Differences List

Background

The barriers and stigmas surrounding differences between people can sometimes obstruct the relationships within a team. Taking active steps to recognize our commonalities can help strengthen and build our relationships.

Activity

Explain the following activity to the group:

1. Pair off your team and have each pair stand facing each other 4 feet apart
2. Using the Similarities and Differences List, read items from the list and each pair should answer.
3. With each difference, they should take a step backward, and with each similarity they should take a step forward.
4. At the end of the list, evaluate where each pair ended up in the line.

Discussion Questions/ Key Points

- Talk about the results – where did each pair end up? How far or close did they end up?
- Ask participants if they agree that differences aren't as strong as the similarities uniting people. Why or why not?

Follow-up

Ask team members to come up with other similarities and differences they could ask the group.

SIMILARITIES AND DIFFERENCES LIST:

1. What is your hair color?
2. What is your gender?
3. Do you prefer the indoors or outdoors?
4. What is your hometown?
5. Who do you report to?
6. What is your title/job?
7. BJC Experience- Under 10 years or over 10 years?
8. Did you bring or buy your lunch today?
9. Do you have family in town or out of town?
10. Do you like Coke or Pepsi?
11. Do you like Cards or Cubs?
12. Do you still have a land line?
13. Facebook or Instagram?
14. Do you like to go to the movies or watch movies at home?
15. Arby's or Lion's Choice?
16. Toilet paper - roll up or down?
17. Do you come from a big family or small?
18. Do you prefer the beach or the mountains?
19. Cats or dogs?
20. Morning person or night owl?

...Add a few of your own!