

## ACTIVITY: Introduce a New Friend

Humans are social animals who are hard-wired to bond and depend on other humans. So, the basic need for healthy relationships is built into our genetics. Strong relationships provide support in difficult times that require resilience. These relationships don't need to be limited to our family, friends, neighbors, etc. We should look to develop these strong relationships at work also because we spend so much time with the people we work with. And yet, we don't always get a chance to get to know someone at a deeper level. To lay a foundation for a stronger and deeper relationship, we need to get to know one another.

### Try This!

This activity works best for groups or teams, especially ones that are new or don't interact often.

- Split group into pairs – either pair them up with someone they don't know or ask them to find someone that they don't know well.
- Inform the pairs that they will be learning new information from one another and after they are finished with their sharing, they will report out what they learned with the rest of the group.
- Ask the pairs to have a brief conversation (5-10 mins), sharing information about themselves. Conversation prompts including: Children/animals/favorite song/favorite show/favorite vacation destination/favorite restaurant/hobbies/person they admire/etc.
- Go around the group and ask each pair to introduce their partner's name and a few interesting things they learned about the individual. It should look like this:

"This is Sally and she has 2 children, just got back from vacationing in Colorado, and loves to quilt in her free time."

Feeling Connected

<https://positivepsychology.com/perma-model/>

Peer Introduction Game

<http://www.funretrospectives.com/peer-introduction-game/>