

Dare, Double Dare

Activities to Build Trust

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

OBJECTIVES

- To explore individual and group behavior norms
- To offer an opportunity to explore personal boundaries and comfort levels

MATERIALS

- Download **DARE, DOUBLE DARE QUESTIONS** from **BUILDINGINTENTIONAL COMMUNITIES.COM** and make one copy per participant.

SETUP

- None

INSTRUCTIONS

1. **Pass out** the **DARE, DOUBLE DARE QUESTIONS**.
2. **Ask** participants, "If you were required to come up in front of the group and continuously do one activity from the list below for three minutes, which activity would you select?"
3. **Listen** to two or three answers.
4. Then **ask**, "Which activity from this list would you least like to do?"
5. **Listen** to two or three answers.
6. **Instruct** participants to:
 - **Number the items on the list from one to ten, going from most appealing to least appealing.**
 - **With the people closest to you, get into a group of four and share your lists.**
 - **Now, as a group, choose one thing that your group is willing to do in front of the class together.**
7. Ask each group to **stand up** in front of the class and **perform** their self-imposed dare.

CONTINUED



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continued

DEBRIEF

- How did it feel to get up in front of the class and do your dare?
- How did it feel to watch other groups do their dare?
- Is there any activity on the list that you would label as a "Never"?
- Is there any activity on the list that you would label as a "Sure, anytime!"?
- What did you learn about other people from their reactions to the list?