

# Good Gossip

Activities for Discussion, Reflection, Evaluation

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

## OBJECTIVES

- To acknowledge the positive contributions of group members
- To strengthen community

## MATERIALS

- None

## SETUP

- None

## INSTRUCTIONS

1. Have participants **form a standing circle**.
2. Explain that as the group closes out, they will **spread some "good" gossip**.
3. **When you say, "Mingle,"** have participants **walk** around the room in **random directions**.
4. **When you say, "Partner up,"** they should **stop** and turn to **partner** with the person closest to them.
5. Have each partner **share one nice memory** they have of another person in the group; it could be a time they were helped by someone or a time when someone was a good friend to them. Ask participants to really **reflect** on how this person impacted them through their **choices or values or by being an ally** versus a time when they just had a good time with someone.
6. Give each person **one to two minutes** to share their good gossip.
7. After both people have shared, **call, "Mingle," again** instructing participants to begin walking in random directions around the room.

CONTINUED



# Good Gossip continued

8. Again **call, "Partner up,"** and have participants find a random partner.
9. Ask partners to now **think of another person** they can share some "good gossip" about and have each person **share**.
10. **Repeat** this process two more times and then bring the group together to **debrief**.

## DEBRIEF

- **How did it feel to share some good gossip about someone in this group?**
- **What were some of the values underlying the stories people shared?**
- **Who would like to share some of the good gossip you heard about someone in the room?**
- **When is gossip harmful as opposed to helpful to a community?**