

On a Scale from One to Ten

Activities for Discussion, Reflection, Evaluation

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

OBJECTIVES

- To reflect on group dynamics
- To assess the quality of learning and relationships in a group

MATERIALS

- Blue painter's tape

SETUP

- Place a long piece of painter's tape—about 8 feet long—on the floor.
- Using the painter's tape or paper and marker, mark one end with the number "one" and the other end with the number "ten."

INSTRUCTIONS

NOTE: This can also be a good activity to do about a quarter of the way into your program to reflect on group process and group dynamics.

1. **Explain** that **the tape line represents a "reflection spectrum," where one end represents a one and the other represents a ten.**
2. Explain to participants that you will call out a series of **reflection questions**. Each person should **move to the place on the line that reflects how they would respond** to this question on a scale from one to ten.
3. After each question, a few participants can **share** why they chose to stand where they did and **what it would take for them to move one step closer to ten.**

CONTINUED



On a Scale from One to Ten continued

Some sample questions could include:

- *On a scale from one to ten, how are you feeling about this class/program? One means "I hate it," and ten means "There is nowhere else I'd rather be," or "This class is awesome!!"*
- *On a scale from one to ten, how much do you share about yourself in this class/program?*
- *On a scale from one to ten, how much are you learning in this class/program?*

DEBRIEF

- What did we learn from the one-to-ten scale today?
- What is something that we are doing well based on today's results?
- What is something we should work on based on today's results?