Reach Out and Touch Someone

Materials: reflective music

Focus Area
• Wrap up activity for a group that has spent a significant amount of time together and is a solid team

Time Needed
• 10 minutes

Group Size: any

Directions
• have group sit in circle with their eyes closed
• start the music
• once the music starts playing, tap on 4 people’s shoulders and ask them to stand outside of the circle
• then ask series of questions (5-6 each round)
• Have the person outside of the circle “touch someone” who has …. (respond to question)
• Make sure everyone gets a chance to play both roles

Possible Questions
• Someone who makes you laugh
• Someone you wish you knew better
• Someone who is a leader
• Someone you admire
• Someone who has taught you something important
• Someone who has shared a secret with you
• Someone who is a friend
• Someone you trust
• Someone you respect
• Someone who really lives out loud
• Someone who is a good listener
• Someone who has helped you when you need it most
• Someone who can really brighten your day
• Someone you can depend on
• Someone who really carries the team
• Someone who you learned something from
• Someone who you believe has something special to offer
• Someone who has made you try harder
• Someone who has inspired you
• Someone who is fun to be with
• Someone who you feel supported by
• Someone you have told a secret with
• Someone who gives it their all
• Someone who has given you good advice
• Someone who is very special to you
• Someone who is very strong
• Someone who does a good job
• Someone who challenges you
• Someone who you appreciate
• Someone who you would like to know better
• Someone who has recently done something nice for you
• Someone with a good sense of humor
• Someone who is creative
• Someone with good ideas
• Someone who is reliable
• Someone who is patient
• Someone who is forgiving
• Someone who is passionate
• Someone who represents the group well
• Someone with dreams and ability to make them happen
• Someone with values that you admire
• Someone you believe in
• Someone who shows compassion
• Someone who has touched your life

The Leadership Education And Development Office
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These resources have been adapted throughout the years. If you know the
origin of any of these activities, please feel free to let us know so we can list the
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