

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
at George Mason University

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 proper citation. A special thank you to the students, faculty, and staff who have contributed over the years.