

Building Dynamic Groups



Who Are You?

Objective: To break the ice in a group of strangers, break down barriers in a group, or help group members get to know each other.

Procedure: One person is chosen as the focus person. Someone in the group asks the question – Who are you? The focus person gives one word which describes her/himself. (These could be written down ahead of time.) Others continue to ask the question, again and again until the focus person has answered all the questions s/he wants then changes the focus person by asking, “_____, who are you?” This continues until everyone has shared. (6)

Reference: Martin, R.R.; Weber, P.L.; Henderson, W. E.; LaFontaine, K. R.; Sachs, R. E.; Roth, J.; Cox, K. J.; Schaffner, D. (1987). Who Are You?” (Section 2 p.7). [Laser d.i.s.k.](#) Columbus, OH: Ohio State University Extension.