



Energiser

Race for the truth

- Individual
- Pairs
- Small group
- Whole group

Uses: Slower-paced activity that helps the participants to see what they have in common and what is different about each other.

Resources: None (or either two untied raccoon circles/lengths of string/tape or chalk to mark lines on floor if outside).

Time: 5-10 minutes.

What to do:

1. If using it, lay out or mark two lines either end of the space.
2. Line up the participants on the 'starting line' and explain the aims and instructions.
3. The leader will call out a statement – if it is true for you then you step forward one pace. If it is not true for you then remain where you are.
4. The leader will call out as many statements as necessary for one person to cross the 'finish line'.

Make it different:

- Encourage the 'runners' to move as though they were running.
- Restrict the statements to subjects concerned with the content of the session.
- Use this activity as a review i.e. move forward if you can answer the question.

Points to make:

- Be confident about what you believe in!
- Did you always answer truthfully? Did you sometimes move when it wasn't true? Did you sometimes stay still even though the statements were true for you?