

HIGH FIVE

Introduction: Our warmup exercise this morning is called, “High Five.” In a moment, I’m going to ask you to stand up and move to (large open space). We’re going to arrange ourselves in a circle with a large open space in the middle. During the exercise, I will name an experience that some of you may have in common. (For instance, who was born in California?) I will give you a couple of seconds to remember, then I will say, “Go.” If you’ve had that experience, you then move to the center of the circle and high five (demonstrate) with two or three others who might also be there. If you’re the ONLY one in the circle, then enjoy your moment in the spotlight. The experiences I name as we move along through the exercise will raise some questions for you about how much you should reveal of your background. That’s up to you, but for the sake of teamwork, I’d ask you to be as honest as you feel comfortable being. And, we’ll also have some fun doing this.

(Facilitator picks and chooses from categories like the ones on the next page.)

Who grew up in what you think of as a small town?

Who spent any part of their growing up time on a farm?

Who is an oldest child? A youngest child? An only child? A middle child?

Who has children of his or her own?

Who has grandchildren?

Who thinks of themselves as an extrovert?

Who plays a musical instrument?

Who is an excellent cook?

Who considers themselves a “cat person”?

Who is a morning person, jumps out of bed ready to go. Vs...slow easing up?

Who considers themselves a detail person?

Who grew up in a loud family?

Who grew up in a household with multiple generations living in it?

Who at any time in their educational career was the teacher’s pet?

The class clown?

Who wears fluffy bedroom slippers?

Who has ever written a love letter? Who has ever received a love letter?

Who has ever broken up with someone by letter or email (instead of facing the person_

Who sings in the shower or other random places?

Who loves to watch TV?

Who reads shlocky romance novels or westerns?

Who has ever gotten a speeding ticket?

Who has ever been told they looked “hot” when they were on the dance floor?

Who was a model child? Who was a model child in school but not so model at home?

Who ever told their parents they were somewhere when they were somewhere else?

Who has ever embarrassed himself or herself in front of a boss?

Who thinks they could go a week without telling a single lie?

Who thinks they could go a day without telling a single lie?

Who thinks it’s harder to be ethical nowadays than it was when you were growing up?

Who often do you confront ethical issues in your work? Daily? Weekly? Monthly?

How often do you wish you had help thinking through an ethical issue at work?

Who needs ethics training? Who thinks other people in here need ethics training?

Who thinks you are going to learn something today?

