

## The Dot Activity (20-30 min.)

### Procedure

1. You start out by putting different color “dots” on peoples foreheads. At least 2 people should be the only ones with a single color. Distribute multiples of the rest.
2. Then you say “Now we’re going to do a silent activity”.
3. Tell them the goal is to: “Take a minute and find your group without talking”.
4. After a minute or two, ask people by raising their hands, if they found their group.
5. Continue processing the activity.

### FACILITATOR NOTE:

People will group themselves according to the dots, even though you never mention the dots as a part of the activity. They usually push away the people without the same color dot. The 2 single folks may come together, but sometimes another person from another dot group will pull them apart.

### Processing

- What made you decide on the groups you did?
- When they mention the dots, explain you never told them to according to the dots. They could have separated by gender, color of clothing, any number of things. But they chose to by the dots they were assigned.
- If a single dot person is left out, ask them how it felt?
- IF that person was pulled into another group, how did that feel?