

Training for Building Rapport

“Who’s Behind That Curtain?”

Materials: 1 Sheet

Group Size: For groups of 30 or less

Time: 10 – 20 minutes

Exercise: Instruct the group to introduce themselves by an adjective beginning with the first letter of their name and their first name (e.g. Enthusiastic Ed). (You will need to do this twice to give everyone a chance to hear everyone’s name). Then divide the group in half. You will need two people to hold a sheet up in the center of the room. One team will be on either side. Instruct the teams to send forward one person to stand right in front of the sheet. The sheet will be dropped and the first person to name the person in front of them wins and the losing team must send their teammate to the other side. The team with the most members on it wins when time is called or when the other side runs out of team members.

“Road Map Activity”

Materials: Paper or Chart Paper (enough for each participant), Markers

Group Size: Any size

Time: 15 – 30 minutes

Exercise: Make sure all students have a piece of paper and markers. As the facilitator you will revisit the importance of goal setting and vision casting. Taking time to imagine and explore the possibilities that lie in the future is critical to success as it allows you time to think about where you have been and where you are going. Now, using the paper and markers provided for you, draw a “Road Map” of your life – Where have you been...what have you accomplished...what is your role now...where are you going...what will you accomplish in the next year...five years...10 years...? Take the next 10 – 15 minutes to draw out your road map – include key words, pictures, and anything that is significant to you as you think about those questions in terms of your role as mentor (tutor, mentor coordinator, etc.). At the end of the 15 minutes depending on your group size come back as a whole to go over the “Road Maps” or work in small groups to share the road maps and what they learned about their immediate goals and/or themselves during this process.

“Hand Diagram Ice Breaker”

Materials: Paper and pen

Group Size: 4 – 6 to one group, or pairs

Time: 10 minutes

Exercise: Instruct students to get into small groups of 4 – 6 or in pairs. Ask them to trace their own hand on a piece of paper. For each part of the hand they have a coordinating question to answer.

Palm – Write down something you can do well

Thumb – Write down something that you love

Pointer – Write down something you want but don't have

Middle – Write down something that you don't like

Ring Finger – Write down something that slides by you or that you forget about

Pinky – Write down something small that you appreciate (something that might go unnoticed)

Then instruct the groups or pairs to share their answers with one another.¹

¹ Smith, Jennifer, "Making Connections: Training Peer Mentors to Build Rapport." CRLA Conference 2009.