

To share highs and lows in a team

| HIGHS and LOWS | |
|---------------------|---|
| Purpose of exercise | Point out highs and lows of the past period |
| Setting | Group/team |
| Duration | 15 min |
| Material | Paper and pen |
| Description | <p>Before starting the meeting, the animator asks the participants to jot down on a piece of paper</p> <p>My low point this week was...</p> <p>My high point this week was...</p> <p>The animator announces that the answers will afterwards be shared with the others.</p> <p>Allow 5 min for them to reflect about their low and high points of the week.</p> <p>Invite people to share what they have jotted down.</p> <p>There is no need for the other members to comment, to defend, to explain....the idea is to give the participant the occasion to share the low and high points of the week.</p> <p>After all have shared, the agenda of the meeting can be tackled.</p> |
| Bibliography | <p>Adapted from teambuilding exercises</p> <p>https://studentaffairs.lehigh.edu/sites/studentaffairs.lehigh.edu/files/offices/leadership/docs/Teambuilders_and_Activities.pdf</p> |