



Anatomy Clumps

Ice Breaker/Grouping

Objectives

- An innovative method to encourage group interaction while at the same time creating small groups of similar size.
- Interactive alternative to numbering participants in order to subdivide large group.

Supplies: none needed

Instructions: Facilitator explains that he will call out a body part and a number. The goal is for each participant to get into a group and put together “x” number of body parts. When the group is assembled they are to raise their hands so the facilitator can verify they are complete. Should someone not be able to get into a group, they are to join the facilitator as the ‘leftovers’.

The facilitator explains two basic guidelines: Number one: Each person may only contribute one body part. Example, if ‘two thumbs’ are called, a person cannot put their two thumbs together, rather, they must find another person and link their two thumbs.

Number two: After a group has assembled and has the correct number of body parts, the facilitator will call another number and body part — at this time a person must leave that group and find a new group of persons. Anyone that is with ‘the leftovers’ moves back into the mix.

To ensure that participants are moving about the room, the facilitator could play music in between and when the music stops, shout out a new body part and number.

If the group needs to be divided into smaller groups, make the last call for the group size desired.

Facilitator Notes



Notes for Facilitator:

- Observe that participants are mingling and moving around the room in between ‘calls’
- Observe that groups formed have accurate numbers as requested
- Observe that participants not getting into a group are joining as ‘leftovers’ — it’s important that no one feels left out

Reflection:

- Did groups call to others, trying to complete the request?
- Was there a sense of community?
- How did it feel to be a ‘leftover’?
- This activity can be effective for ‘breaking up cliques’ and helping loners find a group