



A DAY IN THE LIFE. . .

- This is . . .** An activity in which participants share with each other what their typical day looks like.
- The purpose is . . .** Participants learn new and interesting things about each other and connect with each other on a personal level.
- Use this when . . .**
- Individuals do not know each other very well.
 - Individuals do not appreciate the each other's contributions.
 - You don't have prep time and/or materials for anything more elaborate.
- Materials you'll need . . .**
- No materials are necessary for this activity.
- Here's how . . .**
1. Have the participants pair up.
 2. One partner recalls in detail what his typical workday is like.
 3. When listening, his partner can say only, "Then what?" or "Ooh, tell me more about that!"
 4. After 5 minutes, reverse roles and repeat for 5 more minutes.
- Ask these questions . . .**
- How did you feel sharing these experiences with each other? (*I felt a sense of closeness; I realized we have more in common; Empathy; etc*)

- What did you learn about your partner and his workload?
- What implication does this have for us back on the job?

Tips for success . . .

- Five minutes may seem long to some. They will be tempted to finish in a minute or two. That is not enough time to share the detail the listener needs to get a good sense of what his partner's day is really like. Remember, the objective is not to give an overview and be finished; the objective is to understand each other's workload better.
- If they struggle with describing a typical day (because it is never "typical"), have them describe yesterday.
- If you will not be participating, begin the activity by demonstrating how to do it. Share with the group your typical day!
- Give a 1-minute time check before the 5 minutes are up.

Try these variations . . .

- To get to know each other on a personal basis, have the participants focus on a weekend or other nonwork day.
- After the participants share their days, have them pair up with someone else and repeat the activity.
- Have the participants share their days in teams of three to six. This takes longer, but allows them to hear and learn from more than just one or two other participants.