



This is a group activity that can work well as a warmer when groups first come together. It can also be useful when used each time by groups meeting over a number of times. The higher the number achieved, the deeper the group attunement.

GROUP COUNT



**THIS GAME HELPS GROUPS
DROP INTO CONNECTION
WITH ONE ANOTHER AND
PROMOTES LISTENING.**

It is good for groups of five or more people. Collect into a circle so everyone can see one another. Then someone begins counting by saying 'one.' Without going around the circle or there being any pattern emerging, people should continue to add a number each 'two,' then 'three' and so on. Should more than one person say a number at the same time, the group count must begin again.

Every member of the group should have a turn before someone gets another go. Notice how the number you achieve together gets larger the more you play the game.