

Ice Breaker - Personality Types

Objective: To encourage participants to relax and to introduce the concept that people differ in important ways.

Materials Required: Cut outs of the Geometric shapes.

Time Limit: About 5 minutes.

How it works:

Distribute a copy of four geometric shapes. (Square, Triangle, Diamond & Circle). Direct each participant to select the one that best represents his/her personality. Ask for a show of hands to determine how many selected each of the shapes. Then proceed (with great seriousness) to suggest that extensive research has shown the following characteristics to be associated with each shape:

1. **Square:** This person is intellectual, objective, rational, and a good decision maker.
2. **Triangle:** This person is steady, dependable, conservative, and has perseverance.
3. **Diamond:** This person is dissatisfied with the status quo, believes in no-nonsense behaviour, and tends to be a risk-taker.
4. **Circle:** This person is strongly preoccupied with the thought of chocolates. (This interpretation will invariably evoke a solid round of laughter.)

Discussion Questions:

1. In what ways are people really different?
2. Is it possible to categorize people by such a "test"?
3. What are the dangers of stereotyping people?