



Insight T-Shirt

PURPOSE:

- Help participants relate to others with the same trait and identify their strengths
- Let participants see the view opposite traits have of themselves

SETUP

Small Group: Draw a large T-shirt on a flip chart or white board. Ask participants to group themselves according to their opposite extreme on Trait A.

Large group: 50-100 participants. This size group will have enough diversity to have individual tables for each of the eight opposite extremes. Participants pick the one trait they most relate to – usually the one most extreme or distant from the center point on any of the 4 traits.

TIME

30 - 40 minutes depending on group size. Of that, allow 15 minutes for drawing their T-Shirt and 15-20 for reporting in.

DIRECTIONS

Once participants are grouped at tables or break out pods by trait – i.e. all Directs together and all Indirects together, ask them to design a T-shirt that reflects their trait qualities.

On the T-shirt they can draw or list a variety of such things as:

- ✓ Shield symbol or shape
- ✓ Mascot (animal who's characteristics represent theirs)
- ✓ Theme Song (title or catch line)
- ✓ Summary quote
- ✓ Best two or three word descriptive phrases
- ✓ Type of house, car, or boat they would select
- ✓ Color they'd make their T-Shirt and what that means to them



PROCESSING:

Once participants have taken their places on the line, ask them to select a spokes person who will report the strengths to the group.

EXTRA ACTIVITY

Here's a fun twist – instead of asking a group to design "their" T-shirt, request that they design a T-Shirt for the opposite extreme and then present it to them. You'll get lots of laughs with this!

SUCCESS TIP:

As a facilitator, your role is to keep this activity fun and positive. If any group identifies a "negative" trait of an opposite extreme, even when teasing, be ready to reframe this as a positive or point out how easy it is to misjudge others.