

5 Minute Activities

AIRPLANES!

Purpose:

After your team's Real Colors® workshop, it is important to continue conversations that reinforce the initial learning outcomes. Starting a meeting with a quick Real Colors®-focused activity is a good way to review concepts from the initial workshop in a fun, interactive way. The "Airplanes!" 5 Minute Activity challenges team members to share something about themselves and learn something about a colleague.

Caution:

Emphasize no Color Bashing. That means do not allow or promote making fun of any temperament, including negative comments or characterizations. Do not tolerate stereotyping. This is not the time to talk about weaknesses or to criticize the temperament.

Materials:

Paper and Pen for each participant

Activity:

Say: *"In your Real Colors® workshop, we all identified our Primary Colors, but we may not remember each other's colors or remember what our teammates need from us. Today, we are going to do a fun, quick activity to remind us how to adjust our communication and interactions to best meet the needs of others. Everyone, please take a piece of paper and write the following on it."*

Name _____

Primary Color _____

I need _____

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