

15 Minute Activities

TWEET IT

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 "Tweet It" 15 Minute Activity encourages participants to consider how their Secondary Color impacts their Primary Color. When we focus on only our Primary Color, we lose the depth that our Secondary Color brings to our Color Spectrum. In this activity, participants will use what they know about the four Real Colors® to succinctly describe how their Secondary Color affects their Primary Color.

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:

Piece of paper and pen for each person

Activity:

In case some participants are unfamiliar with Twitter,

Say: *"Twitter is a social media platform where you must express yourself in under 280 characters of text. The resulting message is called a 'tweet.' Today, we are going to challenge ourselves to be succinct and express one way our Secondary Color affects our Primary Color in the form of a tweet. You can add a #hashtag for added fun. You have five minutes to write your tweet, and then we will share them with the group."*

Notes:

- You can offer prizes for best tweet, funniest tweet, etc. if you want to add a flare of competition.
- If you need to provide examples, here are a few to get the group started:
 - My **ORANGE** makes my **GOLD** impulse buy. #iNEEDEDthosenewshoes, #newandshiny
 - I have too much **BLUE**, and my **GREEN** side craves more alone time. #gregariousGREENproblems
 - I want to be early for meetings, but my **GREEN** tells my **GOLD** there isn't a logical reason to do it, so I'm right on time. #internalstruggles
 - I'm sorry, did you say the limit for a tweet was 280 characters? Because I'm an **ORANGE/GOLD**, when my **ORANGE** overpowers my **GOLD** and starts breaking rules, my **GOLD** is more than a little stressed out! You can't always color inside the lines, and sometimes the best ideas happen as a result of breaking the rules. #rulesaremadetobebrokenandthistweethas310characters!

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