

# Psychic Shake

Goal	Communication
Time	5 minutes (not including processing)
Physical contact	Handshaking
Physical challenges	Minimal
Number of participants	15-50
Space requirements	Open floor space
Materials needed	A slip of paper for each group member
Preparation	Decide how many small groups you want and prepare slips of paper for the exercise. For example, if there are 32 people in your group and you want to create groups of four, prepare 32 slips of paper, four with the number "1," four with the number "2," etc., up to the number "8."

*Note:* This exercise offers an interactive method for breaking down a large group into small groups, and can be used to surface group dynamics.

## Instructions

1. Give everyone a slip of paper, and tell them to keep the number secret.
2. Tell the group to mingle and shake hands with people according to the numbers on their slips: if your number is 1, you shake once; if your number is 2, you shake twice, etc.
3. When two people have the same number, they'll stop shaking at the same time and realize they are in the same group. Those with the same numbers should stay together and continue to search for others until all the groups are together.

## Processing suggestions

- How do people identify others that they share things with and want to group up with? People sometimes do this by brands of clothing, material possessions, habits, social or civic concerns, geographic location, race, class, likes and dislikes, etc.
- Some ways of identifying people are superficial and easy, like the handshake, and some are deeper and harder to figure out.