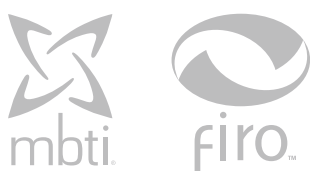


# Icebreaker Exercise

## 'Getting to Know You' Bingo

This simple yet effective icebreaker is a great way to get a group of people who don't know each other to interact. It works well as a start to MBTI® and FIRO® workshops (see debrief notes) or as a standalone exercise.

In this exercise, participants ask each other questions to discover key facts about each other.



### Applications

- Icebreaker
- Working with groups

### Suggested time required

- 20-30 minutes

# Facilitator's notes

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## Material required

- One bingo card (see page 4) for each participant
- A pen for each participant
- A prize for the winner (optional)

## Instructions

- One bingo card (see page 4) for each participant
- The bingo card is editable and contains statements that typically apply to several people in any group. Review the statements. If necessary, adapt them so that each one applies to at least one person in your group.
- Tell participants that their task is to find out about the other people in the group. They can ask each person as many questions as they like, but they can assign each person to no more than two squares on their bingo card.
- When participants match a statement to a person, they need to ask that person to put their initials in the corresponding square.
- The winner is either:
  - The first person to assign a name to each statement and complete all the squares (ask participants to shout 'bingo!' or raise their hand to let you know they've finished).
  - Or:
  - The person who completes the most squares within the allotted time

## Debrief

- To satisfy the more competitive participants and acknowledge everyone's efforts, ask for people to put their hands up if they completed (for example) 15, 16, 17... 20.
- You could also explore each statement and ask who it applied to. This is a good way for people to see what they have in common with others in the group.

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# Useful tips and common outcomes



## When using the exercise in an MBTI® event

### ■ Exploring Introversion–Extraversion differences

Ask participants to keep their bingo card when the game ends. Later, when you discuss Extraversion and Introversion, ask those who prefer E and those who prefer I how they experienced the exercise. We would expect people with a preference for Extraversion to find it energizing, and those who prefer Introversion to find it draining. Introverted types may also prefer to talk to fewer people in more depth than Extraverted types.

### ■ Exploring Thinking–Feeling differences

Ask those who prefer Thinking and those who prefer Feeling to talk about the exercise. We would expect Feeling types to want to spend more time with each person they talk to, establishing an authentic connection. Therefore, they'll be slower to move to the next person. Thinking types are more likely to enjoy the competition. They might stop a conversation and move to the next person so they can quickly complete their card.

### ■ Exploring Extraversion and Thinking (ET) and Introversion and Feeling (IF) differences

We would expect people with preferences for Extraversion and Thinking to have more names on their card than people with preferences for Introversion and Feeling.

## When using the exercise in a FIRO® event

### ■ Exploring Expressed Inclusion

Ask participants to keep their bingo card at the end of the game. Later, when you discuss Inclusion needs, refer to the exercise. Explore whether those who collected more names had higher Expressed Inclusion scores.

### ■ Exploring Wanted Affection

When you explore Affection needs, ask how those with lower and higher Wanted Affection scores experienced the exercise.

# 'Getting to know you' Bingo



## How to play

- Ask each other questions to find out who in the group identifies with the statements on your bingo card.
- When you match a statement to a person, ask that person to write their initials on the corresponding square on your card.
- You can ask each person as many questions as you like. But you can only assign each person to a maximum of two squares on your bingo card.

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