



Four Corners



Purpose/Benefits:

The general purpose of this exercise is to have chapter member find similarities and differences amongst each other. This can provide an opportunity to discuss key issues concerning the chapter.

Energy Level:

High – It involves movement, which makes it appropriate to use after a period of little movement.

Settings/Materials Needed:

This activity requires a lot of moving around. The setting should allow members to walk freely around a room. A room with four corners is preferable. If the facilitator wants, they can put signs, pictures, notes, etc. in each corner to represent the categories. Otherwise, this activity can take place with no materials. The categories should be determined prior to the activity.

Method:

Instruct the participants that as you read the different categories and point to the corners, they must go stand in one of the corners. Inform them that they cannot take a lot of time to think about it and just select the first thing that pops in their mind. The facilitator should repeat the categories and their corresponding corners while participants are moving around. When utilizing a more substantive category of items, the facilitator can pause and have members briefly discuss why they chose that corner to stand in. Sometimes members will stand in the middle of the room, indicating that they are “torn” between options.

Examples:

The categories used in this exercise can ranged from simple to more complex, such as:

1. Red, orange, green, blue
2. Ice cream, pizza, Taco Bell, sandwiches
3. Basketball, baseball, golf, tennis
4. Europe, Africa, Australia, South America
5. Morning, noon, evening, late night
6. Young Children, adolescents, adults, seniors
7. Hispanic, White, Asian, Mixed
8. Alcohol, tobacco, other drugs, violence
9. Leader, advocate, worker, negotiator
10. Change, awareness, education, activities

