

Life pulse

Activity

Objective

This exercise allows us to establish connection between participants and to facilitate a brief introduction.

Time: 5-10 min Participants: 3-20

Process

Give a short introduction to the exercise; encourage every participant to have their camera turned on.

Then invite all participants to place their finger on their camera (so that you will see a red/orange screen). Wait until all participants have placed their finger on the screen, and the screen is a mosaic of red/ orange rectangles.



Ask a question about what you like: e.g. "I like having strong coffee in the morning..." if this is true for you, remove your finger from the camera...

The person asking the guestion, can pass on the word to one of the persons whose picture they can see.

Repeat this exercise until everyone had a turn, or you have asked 5-10 questions. This exercises requires activte facilitation and a relatively fast pace.

Tips and tricks

This exercise can also be used to quickly check for consensus to a particular question. Keep in mind that for large groups, you might have to toggle between screens to see all participants.



requires strong bandwith



takes time



requires teachnical skills



needs camera for participants



needs audio for participants



