

## True Colors Activity

I have done this activity many times with student ranging from high school juniors through seniors in college. It has always scored very high on all of our evaluations (4 or a 5 out of 5). We typically start the activity by handing out each of the colors to each of the students and have them quietly read the descriptions. I then go on to explain about different leadership styles, emphasizing how each group needs each of these leaders and that no one color is better than the other. Then I have the students associate themselves with a color. Typically students will relate with more than one color, and the facilitator should discuss this with the group, but for the purpose of this exercise, they need to choose the color that best represents them.

Once the students have chosen their color, split them up into color groups. Hand out grocery bags to each of the groups. Each bag should contain:

- 1 roll of tape
- 5 pieces of ribbon
- 3 balloons
- 2 paper plates

You will need four bags in total. Each group should make some kind of object where all the materials are used. This is where you can really see the leadership types emerge. After the group has made their object they have a series of questions that they must answer as a whole. They must agree on all of the answers and they must all be holding some part of the object. After all the questions are answered, each group must present their object to the other groups. They must still all be touching the object.

After each group presents, have a discussion with the all the groups about how easy/difficult it is to work in a group with all the same personality types/leadership styles. Ask about the challenges with making the object/answering the questions. Ask each group to tell how the decision process worked and how they could have done things better. And make sure to include a discussion about how they thought other groups made their decisions.

## ACTIVITY SHEET

*Each color group will work as a team to answer the following questions, then present their responses to the other color groups. During the presentation, each member of the color group must be touching or attached to at least one piece of the material from their groups bag.*

1. What food best represents your primary color?
2. What song best represents your primary color?
3. What public figure (past or present) best represents the leadership style of your primary color?
4. What strengths and abilities of your primary color can you use to be a leader in your school or community?
5. Decide how your color group will present your answers to the other groups (i.e. who will speak, how will you utilize the material in the bags, etc.)