

# Birth Order Groups

## Step-by-Step Instructions:

1. Assign three corners of the room for different categories of birth order. For example, one corner will be for the oldest children, another for the youngest children, and another for the middle children. Any person who is not the oldest or youngest child in their family is considered a middle child for this activity.
2. After joining their group, allow the groups 5-8 minutes, depending on size, to discuss the advantages and disadvantages of their birth order. Ask one person in the group to record responses. After the time is complete, ask each group to share a summary of their discussion with the entire group.

## Tips for Discussion and Processing

Birth order greatly influences one's role in their family of origin. It also contributes to traits that individuals may possess as adults. This activity encourages people to get to know each other and to build relationships within the group. They will find that other individuals who share their birth order may have many similarities. Compare and contrast the advantages and disadvantages that each group shares. If using this for a marriage group, it is fun to also discuss how birth order may affect the marital relationship. For example, an only child may enjoy time alone whereas a spouse who is the youngest may prefer being around other people more often.

**Group Size:** 15 to 60

**Time Needed:** 11 to 20 minutes

**Goal:** Encourage group cohesion in a fun and informative way

**Audience:** Couples, Teens, Parents, Singles

**Special Considerations:** None

### Resources Needed:

- ✓ Flip chart or paper, markers or pen/pencil