

# Shuffle Together

## Step-by-Step Instructions:

1. Have your group form pairs. If you have a couples' class, keep the couples together.
2. Next divide the sets of pairs into two teams.
3. Mark a start line and a return line on the floor with masking tape 15 to 25 feet apart.
4. Have teams line up (in pairs) behind the start line.
5. Explain to the teams that when you say "go" the first pair in each line will both need to grab a pair of shorts and put them on. One person should be in each "leg" of the pair of shorts.
6. Participants will then race to the opposite line and return to the start.
7. At this point, they will quickly take off the shorts and hand it to the next couple in line, who will repeat the same process.
8. This continues as the two teams compete to see which can finish first. However, even after one team has won, make sure each pair gets a chance to go.

## Tips for Discussion and Processing

This can be a fun activity that builds group cohesion. It can also be used to inspire a discussion about working together as a couple. You can ask participants to remember when they first got married or started dating and how they had to learn to work together. This is a great foundation for exploring why we need to learn to negotiate to meet goals.

**Group Size:** Up to 20

**Time Needed:** 11 to 20 minutes

**Goal:** To help participants examine what it means to work as a team

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

**Special Considerations:** This works particularly well for groups of couples. Instead of shorts, you can also do the classic three-legged race to illustrate this point.

### Resources Needed:

- ✓ Two very large pairs of shorts and a fairly large room; masking tape