



---

University of the Philippines Los Baños  
Office of the Chancellor  
**UGNAYAN NG PAHINUNGÓD**

# **MODULE: GROUP DYNAMICS**



---

**Makibahagi.**      Page 1 of 9      **Maglingkod.**      **MagPahinungód.**

**ACTIVITY:** Go Bananas!

**Time Allotment:** 10-15 minutes

**Materials:**

- ✓ Chart with words (optional)

**Mechanics:**

1. The participants will form a circle and the facilitator will position his/herself in the middle of the circle.
2. The facilitator will teach a series of actions emulating an exercise routine. (Italicized= lyrics; Normal= actions)

*Bananas Bananas...Unite!*

While standing, extend arms upward, palms together over head

*Peel bananas. Peel-peel bananas*

Wiggle left arm down along left side of body

*Peel bananas. Peel-peel bananas*

Wiggle right arm down along right side of body

*Peel them to the left*

Swing left arm up and behind head

*Peel them to the right*

Swing right arm up and behind head

*Peel them down the middle*

Swing both arms down in front and then out to sides

*And Unh! Take a bite*

Pull both fists down hard at sides while bending knees

*And Unh! Take a bite*

Pull both fists down hard at sides while bending knees

*Go bananas*

Point both index fingers up and down above head while slowly twirling in a circle

*Go-go bananas*

Continue pointing and twirling

*Go bananas*

Continue pointing and twirling

*Go-go bananas*

Continue pointing and twirling

*Bananas ... Split!*

Raise arms straight up and then do a standing split—one arm and leg stretched forward; the other arm and leg stretched backward—FREEZE!

3. The participants will copy the actions.
4. The facilitators will teach the song that comes together with the actions.

**Input:**

1. How was the activity?
2. What do you think is the reason for doing the activity?
3. Did you feel energized after doing the action song?

**Synthesis:**

Just like in any plan, there will always be elements that one may overlook and some unexpected errors that one person is not prepared to handle. The same goes for facilitation. There are so many uncontrolled factors that might come in to alter the plans/activities you have laid out for your participants. For example, the time of the day is a huge factor that affects the energy level of your participants. The sudden change in weather conditions can force you to move the venue of your activity into less efficient spaces. A snack break may cause your participants to be sleepier during the activity. This is where Group Dynamic Activities come into play

**LECTURE:** Types of Group Dynamics

**Time Allotment:** 45 minutes

**FACILITATOR'S GUIDE:**

Types of Group Dynamic Activities

**1. Energizers**

- These are used at the start of the session to build energy among the participants
- Examples are:
  - Siopao/Taichi
  - Boom Snap Clap
  - Sinong Umutot
  - Bunny Bunny
  - Action Songs
  - Fruit Salad
  - Golden Rule
  - Group Bato-Bato

**2. Ice Breakers**

- These are used in the middle of the session to break the monotony of the discussions
- Examples are:
  - One-Know-Two-Knots
  - Sinong Umutot
  - Fruit Salad
  - Bart Simpson
  - Claps
  - Action Songs

Example:

**ACTIVITY:** People to people

**DURATION:** 10-15 minutes

**Mechanics:**

1. Volunteers begin by walking around the room. When the facilitator says/sings "people to people", each person must find a partner and stand next to them.
2. Once paired, offer a direction. For example: Elbow to elbow! This means each pair must connect their elbows in any way they want. Ideally, both students must follow the direction, so both elbows from both students are touching. Play a number of rounds. Vary the body parts connections (hand to hand; foot to foot; back to back; elbow to knee; hip to hip; shoulder to hand, etc.)
3. After 3 directions, ask the group to walk around the room again until they hear the facilitator say "people to people" to find another pair again. Repeat this process a number of times, offering campers different sorts of challenges to problem-solve with their partners.

**ACTIVITY:** Double, Double

**DURATION:** 5-10 minutes

**Materials:** None

**Mechanics:**

This is a clap game that requires all the participants to have their own partner. The facilitator will firstly demonstrate the actions and sing the song. Participants are required to hold their hands up, fingers pointing to the ceiling. Whenever they say “double”, both of their hands must face towards them, demonstrating a “high-five”. Whenever they say “this”, they must move their hands in the opposite direction, their palms must be in front of them. Whenever they say “that”, their hands must be in a “fist” position.

Lyrics:

Double, double, this, this.

Double, double, that, that.

Double this, double that.

Double, double, this, that.

Double, this, that, double.

(On repeat)

Variation:

The facilitator may change the rhyming words as the game becomes intense.

Example:

Double, double, ice, ice.

Double, double, cream, cream.

Double ice, double cream.

Double, double, ice cream.

Double, ice, cream, double.

### 3. Concentration/Focus

- These GDs take the attention and build the concentration of the participants into the activities/discussions
- Examples are:
  - Batu-Bato
  - Bahay Ko
  - Sundot, Kamot, Hablot
  - 7Up
  - Bart Simpson
  - Shagidi Shapopo
  - Isang Paa

Example:

#### **ACTIVITY: 7-UP**

#### **Mechanics:**

1. 7-UP is a counting game. The group will take turns in counting by clapping.
2. No one is allowed to speak during the game
3. The first person to count will be followed by the person on their right.
4. Whenever the number 7, or any number divisible by 7, or any number containing the number 7 comes up, the player to count must wave their left hand over their head. Every time a player commits a mistake in counting, the entire group must start from the beginning.

#### 4. Learning Games

- These lead to certain issue/topic/concept. Since they are games, there is competition among individuals/pairs/groups and there is/are winner/s or loser/s
- Examples are:
  - o Word War 1
  - o Tayo o Sarili
  - o Ako o Tayo

Example

**Activity:** Group Juggling

**Duration:** 15-20 minutes

**Materials:** Balls (At least 10 pcs)

**Mechanics:**

1. Divide the participants into two groups
2. Impose the following rules:
  - Cannot pass ball to left or right
  - Must look one person in the eye and call their name before passing them the ball.
  - Don't drop the ball
  - Remember to who you threw the ball
  - Pass it once to each person
3. Let the two groups practice passing it to everyone at least once until the ball is back to the person who started the game.
4. Start the ball tossing pattern again. The person starting the pattern then adds balls to see how many the group can juggle without dropping any. The balls should always be thrown in the same pattern.
5. First group to successfully juggle all the items wins the game.

**Input:**

1. How was the activity?
2. How did the activity helped in bringing teamwork in the group?
3. If the balls/items represent tasks, what have they learned about working in a group?
4. What might eye contact and calling the person's name before throwing the ball represent?

## 5. Concept-oriented GDs

- These also lead to a certain issue/topic/concept. These could also be used as a take-off point of discussions, and unlike learning games, there are no winners and losers in this type of GD
- Examples are:
  - ISANG DAAN
  - Marami sa Isa
  - Love Letter
  - Role-playing

Example

**Activity:** Love Letter

**Duration:** 15 minutes

**Materials:** 210 metacards, writing materials

**Objective:** To introduce the concept of blind trust among members

### **Mechanics:**

1. Each participant will be given 3 metacards, where they should write the following: the most disgusting thing they ever did (first card), the most embarrassing moment they ever had (second card), and their greatest fear (third card). These cards will be considered as their “love letters.”
2. Three representatives will be chosen by the group according to criteria set by the facilitator. They will have to complete a challenge, which will also be determined by the facilitator.
3. For each set of “love letters,” the members will bet their cards on one of the three representatives who they think can complete the challenge. The representatives will also have to place their bets, either on themselves or on others.
4. After the bets had been placed, the three representatives will perform the challenge. Whoever fails to complete the challenge will have to read out loud all the “love letters” which were betted on them.
5. These will be repeated until all sets of “love letters” had been used.

### **Discussion/Input:**

1. How did the chosen representatives feel during the activity?
2. How did the other members feel when the person they betted on betted their letters to another representative?
3. How did you choose whom to bet on? Was it easy? Why?



## 6. Group Process

- These GDs enhance group processes
  - *Pakilanlan* – for the participants to get acquainted/improve familiarity
    - Sino Umutot
    - Face-Off
    - Awkward Questions
  - Forming Subgroups
    - The boat is sinking
  - Enhance Team work
    - Spider Web
    - Land Mine
    - Marami sa Isa
    - Tayo o Sarili
    - Ako o Tayo
    - Word War 1

Example:

**ACTIVITY:** STICK-KO

**MATERIALS:** 1 STICK

**Mechanics:**

1. The participants will be asked to form groups containing 8 members each.
2. Ask the group to form two lines facing each other.
3. Ask them to hold out their index fingers, then place the stick on top of their fingers.
4. The goal of the game is for the group to lower the stick up to a certain level.
5. All group members must have the stick resting on their index finger.
6. No one is allowed to pinch the stick or hold it in any other way. If any member loses contact with the stick, the entire group must start from the beginning.