Getting a Group to Tick ✓✓✓✓

A healthy group is one in which members have a positive relationship with one another.

Some of the considerations which help a group become healthy or cohesive are:

1. Make sure the group is small enough to allow all participants to interact.
2. Help the group become acquainted (another good reason for name tags!).
3. Give the group a task to complete, such as a question to discuss, a ceremony to plan, a skit to make up, etc.
4. Allow the group to remain intact until the task is completed. Do not add new members unless absolutely necessary.
5. Help each person to feel relaxed and at home by making sure she understands she has an integral part to play in completing the task at hand.
6. Do not force group members to do anything they would prefer not to do (taking part in an active game, etc).
7. Watch the seating arrangements. A small circle is usually best.
8. Keep an eye out for the discussion-hoggers and the loners. Help both to participate and to listen to other group members.
9. Try to find the happy medium between being a “know-it-all” and having no opinions on a subject.
10. If you sense the group is tired or on a plateau, take a break. Sing a song, play a game, etc.

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