

TITLE: Secret Agent/Guardian Angel

IMPACT: Fun, energizes a group, can be used to discuss dynamics in a group that is not reaching goals or is stagnating

RISK: Low

GROUP SIZE: 10 or more

TIME REQUIRED: 10 minutes

DIRECTIONS:

- Ask the group to form a circle. Tell them that each person should look around the group and select one person to be his or her 'secret agent' without acknowledging who that person is. They are not to show or tell anyone, including the secret agent, who they picked.
- Secondly, ask each person to select a guardian angel, using the same guidelines as above.
- Tell the group that sadly, their secret agent has turned against them, and they will need help from their guardian angel. In order to do that they must always keep their guardian angel between them and their secret agent.
- Say "Go." Continue play for a while, and watch as the configuration moves and changes!

HINT: You may begin the game by having people select two people randomly, not naming them as secret agent and guardian angel, but instead as Person A and Person B. This may eliminate scapegoating if that is happening within the group.

DISCUSSION: You may not need to process this game if you are only playing it as an energizer. However, it can be used as a metaphor for a group that is having trouble accomplishing its goals because it is too chaotic or unable to make a decision. Ask the group what it felt like to be in the game.

- Did it feel frustrating to be always circling with no forward movement? Why did that happen?
- What was the dynamic that developed in the game?
- How is this similar to the way the group is functioning?
- How can the group work to break the cycle and move forward?

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