**HIGH-MEDIUM-LOW:**

**GETTING TO KNOW YOUR HALLMATES**

**Theme:** Ice-breakers/Bonding

**Goal:** This program is a great way for residents to learn about each other on a deeper level.

**Group Size:** Unlimited

**Time:** As long or as short as you want it to be

**Materials:** Question cards

**Setting:** Any room big enough to fit your group in a comfortable, relaxed setting.

**Activity Set-up:**

I. This program includes several “getting to know you” questions at varying degrees of risk:
   a. Green = Low risk
   b. Orange = Medium risk
   c. Red = High risk

II. Allow group members to choose a question at random from whatever risk level they feel comfortable with and answer it to the group.

III. The group leader may want to read through the questions beforehand to make sure they are appropriate for the dynamics of the group.