GROUP AEROBICS for AGR 101

Intro: Each of us is comprised of many identities. Often, there are ways in which we are similar that are not evident at first. The following is a diversity exercise designed to allow you to see ways in which you may be similar to others. It’s also FUN!

You must stand (if able) whenever you are a member of the group and look around to see who else is a member, then everyone will clap wildly!

Topics:
- Birth order – only children; first born; youngest; middle; oldest; twin/multiple; adopted; foster
- Birth place – outside 50 U.S. states (where? - Puerto Rico?); states west of the Mississippi River; Southern states; Mid-Atlantic states (NY, NJ, MD, WV, VA, DC); New England states (north of NY); PA; OH; MI; IL; WI; MN; IN; other?
- Who attended the Ice Cream Social on Tuesday?
- Anyone spent time abroad in a country that isn't their country of origin?
- Anyone a vegetarian or vegan?
- Heritage (participants may stand several times) – Nature American (what nation?); French; German; English; Irish; Spanish; Latin American; African (what country? explain that because people were brought as slaves, many do not know specifics); Asian (countries?); Polish; Middle Eastern (countries); Swiss; Russian; Hungarian; Italian; West Indian; Canadian; Scandinavian (countries?); other?
- Anyone not able to function unless they’ve had caffeine?
- Anyone spend too much time on line, playing games, text messaging, in chat rooms, or on MySpace, Facebook, etc.?
- Anyone really worried/nervous about starting college?
- Anyone here a chocoholic?
- Anyone here ride horses?
- Anyone here hit the snooze button this morning? Once? Twice? Three times? More? (How many?)

[Ask group for other suggestions]