



Overview of the activity

Sometimes, it can be challenging to connect with others, but you may be surprised at how much even very different people have in common. Discovering your common ground is a quick and easy activity that encourages people to talk, connect, and find shared interests.

Why do this?

“There is more that unites us than divides us” - Mauricio Macri

Finding common ground and connecting with others is crucial for both mental and physical health because it provides a sense of belonging, improves resilience, and can even lead to a longer lifespan. Strong social bonds help reduce stress, lower rates of depression and anxiety, and boost self-worth by creating a support system that helps you cope with challenges.



Instructions

This activity works well either in pairs or in a group.



Start with one person at a time. Introduce yourself and then spend 3 minutes uncovering as many things as possible that you have in common. Focus on finding shared passions whether it's dancing, board games or baking bread ...



If you're in a group, after 3 minutes, move to the next person and find NEW things you have in common.

