

Mix and Mingle to Music

Goals/Uses:

- Create random partners or small groups
- Build personal and academic/professional connections
- Facilitate specific conversations
- Offer some movement
- Set a desired tone or mood

Logistics:

- Time: 5-10 minutes—while individual conversations can be short, several rounds can take a longer amount of time
- Space: an open space where people can mix and mingle is best
- Have appropriate music ready to go.

Directions:

- Prep the group ahead of time about the size of the group they will form when the music stops.
- Begin playing music. As music plays, everyone walks randomly around the room. When the music stops, people find others nearby and get into groups of about the number assigned.
- Once people are in the group, give a question/topic for people to discuss.
- Repeat for several rounds.

Suggestions:

- Consider mixing in social/personal topics (favorite books, favorite movies, place you'd like to travel) with relevant professional/academic ones (about the topic/content of the meeting/session).
- Choose music that sets an appropriate tone. Do you want the group to perk up? If so, pick a lively and upbeat tune. Should the mood be serious or calm? If so, consider classical or jazz that is mellow.
- Encourage people to keep mixing things up and to get with different people in each round.