



## TRUTH OR LIE

This is one of the most enjoyable “old school” team building activities around. It’s also very simple, and you can cover a large group quickly. It starts by getting everyone together in a circle facing one another – think of story time all the way back in grade school.

**Each participant comes up with two facts and one lie about himself or herself, and then everyone takes turns sharing them. Post on social media and challenge your friends.**

The lies should be plausible because it’s up to the rest of the group to guess which of the three factoids is the fib. It helps you move past preconceptions to really get to know someone. Email us back at [myrmidonwrestling@gmail.com](mailto:myrmidonwrestling@gmail.com) your response.