



The League of Just Us

This exercise is just a fun icebreaker or closer for group cohesion building for a group of 12 or less.

Directions: Cut out each of the slips below in the **Superzero Universe** and hand one to each group member. Group members should keep it confidential which slip of paper they received. Then the group should have a brief discussion on a topic. It can be any topic that generates interesting discussion. Some ideas for topics are provided below or you can choose your own idea:

Anger	Relapse/Setbacks	Goals	Anxiety
Motivation	Courage/Fear	Relationships	Happiness

After everyone has their slip of paper and the group topic is selected, have a brief 10-15 minute discussion on the topic with one exception – Everyone should act out the persona on their slip of paper. In other words, each group member should speak and act the way that they think that the fictional “hero” on their paper would speak and act.

When the discussion is over, go around the room and have the group try to guess what each person’s special hero power was on their paper. Again, this should be amusing and the goal is to bring the group members closer together by doing something fun.

The Superzero Universe – (“Heroes” with really really lame powers)

Captain Obvious – Has the ability to keep saying really obvious things that everyone already knows	The Notorious Bull – Has the power to spew out non-stop lies
Exaggeratorr – Able to constantly exaggerate and blow things out of proportion	The Mystifyer – Has the ability to sound mysterious and wise but in reality doesn’t make any real sense
Sarcastitron – Can blow people away by being super sarcastic on a non-stop basis	Slack Panther – Has the ability to be a lazy slacker in every situation with little energy or enthusiasm
The Jokenator – Everything is a joke to this anti-hero, who can say stupid jokes whatever the topic may be	Professor Preach – Gives non-stop lectures and unwanted advice to the point of being annoying
The Incredible Sulk – Has the ability to be a negative downer about everything	The Hyperactive Hornet – Speaks fast, acts hyper and cannot focus
Bore: The Clod of Blunder – Can bore people by just saying really stupid things that no one agrees with or cares about	The Amazing Fighterman – Has the ability to try to start a stupid argument about just about anything