

# Line Up (Continuum)

## What is it for?

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A simple way to inject movement and identify ranges of experience/opinion

## Time & People

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10-30 minutes  
Any number of people - the line might have to curve or spiral depending on the space

## Materials

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None

## Source

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Sociometry: Measuring individual relationships in a group. Also known as a continuum.

## Description

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### Activity Flow

Have the participants stand up

Describe the line, explaining the two extremes at each end

Invite people to stand on the line according to their own assessment

### Examples and variations

- Length of time working with 'x'
- How long it took you to travel to this meeting
- Amount of experience or understanding you have of the topic (can ask people to take one step towards more understanding/experience and describe what they need from the meeting)
- Can ask one end of the line to double-back creating pairs