



GROUP IDENTITY

We Are the Activity

RESOURCE FOR
PHYSICAL ACTIVITY PARTICIPANTS



When an Activity Becomes Part of Who You Are

HAVE YOU EVER NOTICED HOW PEOPLE DESCRIBE THEMSELVES?

They do not always say: "I play golf." They often say: "**I'm a golfer.**"

They do not always say: "I go dancing." They often say: "**I'm a dancer.**"

They do not always say: "I play music." They often say: "**I'm a musician.**"

Something important happens when an activity shifts from being something we do to becoming part of who we are. At first, we try it. Then we learn it. Then we return to it.

Then we begin recognizing familiar faces. People learn our name. We share experiences, challenges, successes, and laughter. Before long, we stop participating in the activity and begin feeling part of the activity. The group becomes part of our story. The activity becomes part of our identity.

This shift can happen at any age. A child joining a sports team can experience it. A teenager learning an instrument can experience it. An adult joining a walking group can experience it. Someone beginning a new activity after retirement can experience it.



When an Activity Becomes Part of Who You Are

HAVE YOU EVER NOTICED HOW PEOPLE DESCRIBE THEMSELVES?

Group vibe is not something created by one person. It is something we co-create. Some days we contribute energy. Other days we contribute calm. Some days we support others through encouragement. Other days we simply contribute our presence.

One participant in our InterActive for Life research shared an important insight:



It's not what you retire from. It's what you retire to.



His comment reminds us that movement can become a beginning rather than an ending. A new activity. A new community. A new role. A new identity.

Another participant described her experience of joining a cardio drumming class:



When we first started doing the trash can drumming, people would come running to the door and ask, 'What are you doing?' We would yell back, 'We're having fun!'



At first, they were simply residents attending a cardio drumming class. Over time, they returned week after week and year after year. Friendships formed. Favourite songs emerged. People developed routines. Some participants had attended for more than fourteen years. Regular members helped set up equipment. People knew where others liked to sit. Absences were noticed. Successes were celebrated. The activity had become part of daily life. They were no longer simply attending a class. They were a drumming community. And in moments when the rhythm, energy, laughter, movement, and attention merged together, something even deeper happened. The participants were no longer thinking about drumming. They were drumming. The activity stopped being something they were doing. They became the activity. This is one of the most powerful experiences movement can offer.

When an Activity Becomes Part of Who You Are

HAVE YOU EVER NOTICED HOW PEOPLE DESCRIBE THEMSELVES?

The boundaries between: me, you, and the activity begin to soften.

The group becomes more than a collection of individuals.

A shared identity emerges.

A shared energy emerges.

A shared experience emerges.

Sometimes this feels joyful.

Sometimes meaningful.

Sometimes deeply personal.

For some people it even feels spiritual.

Movement becomes more than exercise.

More than recreation.

More than something to do.

It becomes a place where we belong.

A place where we contribute.

A place where we become.

InterActive for Life Reflection

Group identity develops when people move from saying:

"I attend this activity."

to

"This is my group."

and eventually:

"This is part of who I am."

And sometimes, in special moments:

"We are the activity."



Participant Activities

TO INSPIRE GROUP IDENTITY

1

Notice the “We” Moments

During your next activity, watch for moments when people naturally become a group.

Examples:

- shared laughter
- moving in rhythm
- helping one another
- welcoming someone new
- collective effort
- a shared challenge

Reflection

Describe a moment when the group seemed to move, focus, laugh, celebrate, or work together as one:

Did it feel different from participating alone?

What made that moment special?

Participant Activities

TO INSPIRE GROUP IDENTITY

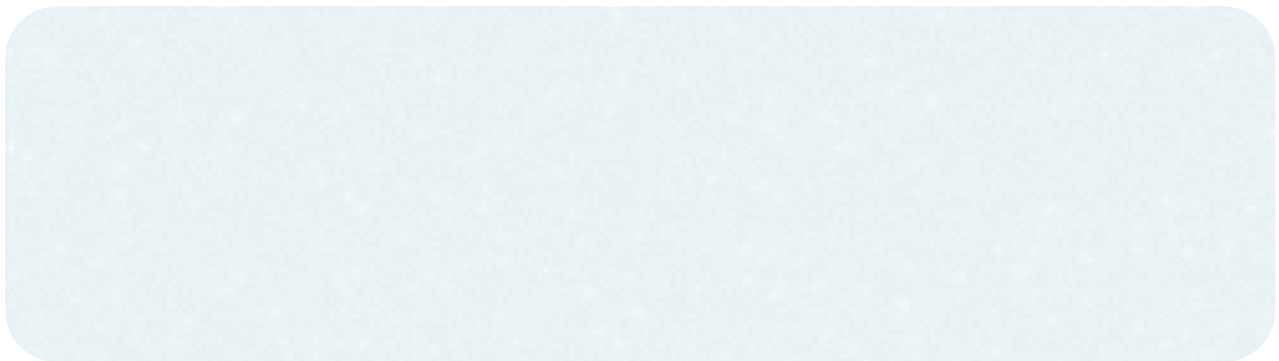
2 Group Story Challenge

Think about a memorable moment your group has shared.
Perhaps it involved:

- a challenge
- a celebration
- a success
- a funny moment
- a meaningful experience

Reflection

One story that represents our group is:



What does this story say about who we are?



Participant Activities

TO INSPIRE GROUP IDENTITY

3 From Doing to Becoming

Think about an activity you participate in regularly.

Which statement best describes you today?

- ☐ I am curious about this activity.
- ☐ I participate in this activity.
- ☐ I look forward to this activity.
- ☐ I feel I belong in this activity.
- ☐ This activity is becoming part of who I am.

Reflection

What keeps bringing me back?

When I think about this activity, do I see it as:

- ☐ Something I do
- ☐ Somewhere I belong
- ☐ Part of who I am becoming

Why?

A large, light blue rounded rectangular box intended for a participant's reflection. It occupies the lower half of the page and is currently empty.

Participant Activities

TO INSPIRE GROUP IDENTITY

4

Discover the Group's Strengths

Every group has qualities that make it unique.

Examples:

- ✓ Humor
- ✓ Support
- ✓ Energy
- ✓ Creativity
- ✓ Kindness
- ✓ Commitment

Reflection

Three strengths of my group are:

1.

2.

3.

How do these strengths help people feel connected?

Participant Activities

TO INSPIRE GROUP IDENTITY

5 Identity and Flow Moments

Think about a moment when you stopped thinking about yourself and became fully engaged in the shared experience.

Perhaps:

- moving in rhythm with others
- sharing laughter
- working toward a common goal
- feeling the energy of the group
- losing track of time
- becoming completely absorbed in the activity

Reflection

My strongest "we are the activity" moment was:

What made that experience different?

How did it make me feel?

Participant Activities

TO INSPIRE GROUP IDENTITY

6

Celebrate Shared Success

During your next activity, focus on a success that belonged to the whole group.

Examples:

- strong participation
- helping someone succeed
- welcoming a newcomer
- keeping a rally going
- creating a fun atmosphere
- accomplishing a shared goal

Reflection

A success our group experienced together was:

Why did it matter?

How did sharing that success feel?

Participant Activities

TO INSPIRE GROUP IDENTITY

7

The Group Flow Challenge

During an activity, notice moments when:

- everyone seems focused
- people move together naturally
- conversation fades because people are immersed
- effort feels easier
- time passes quickly
- the group energy feels stronger than any individual

Reflection

Did our group experience flow today?

☐ Yes

☐ Maybe

☐ Not Yet

When did it happen?

What seemed to help create it?

Participant Activities

TO INSPIRE GROUP IDENTITY

8

Use the Movement Mood Barometer

Before the activity ask:

“How would I like our group to feel today?”

Examples:

- connected
- energized
- joyful
- confident
- supported

Reflection

Today I hoped our group would feel:

Did we create that feeling together?

- ☐ Yes
- ☐ Somewhat
- ☐ Not Yet

What helped?





Curious for more?

- [Quick tips for physical activity facilitators](#)
- [Complete the InterActive for Life Inventory](#)



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