To divide by sharing:

$$10 \div 2 = 5$$

Number you have at start

Sharing between

each group has
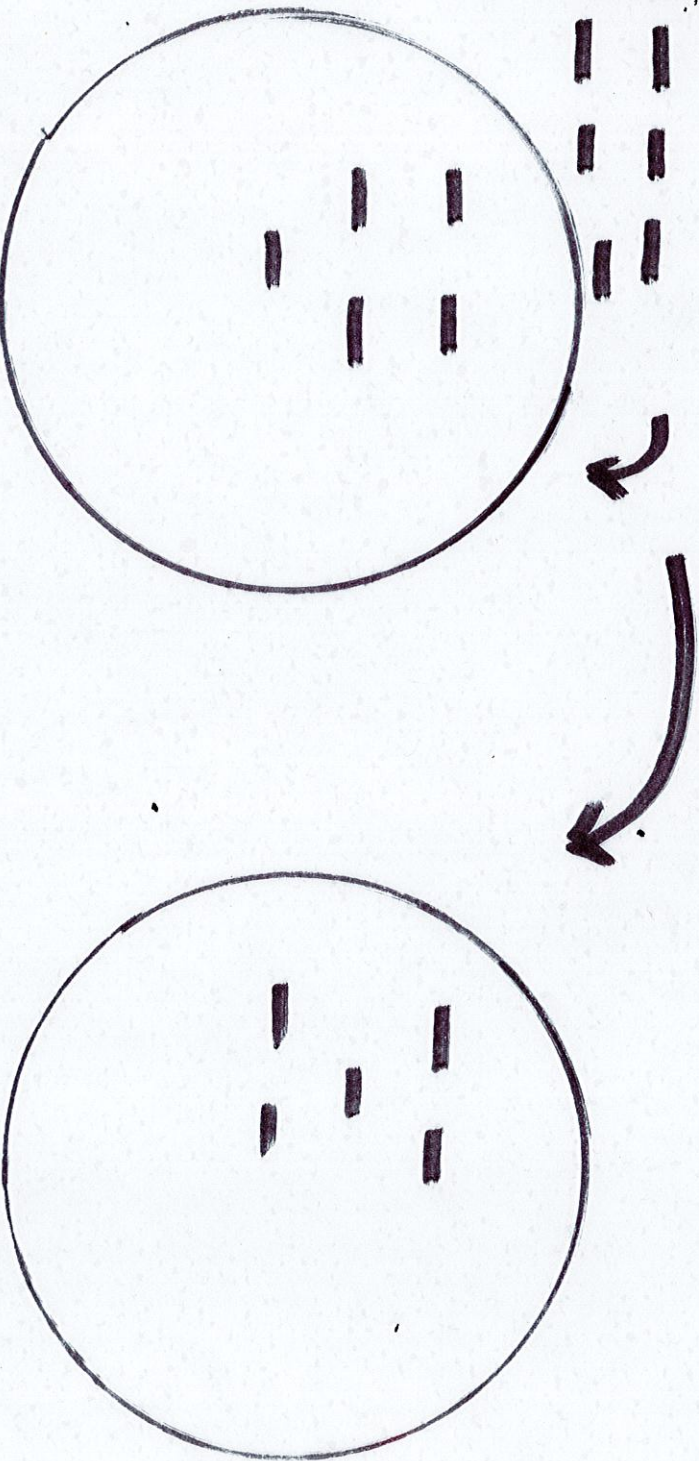
To divide by grouping:

$$10 \div 2 = 5$$

Number you have at start

$$10 \div 2 = 5$$ — Number of groups

Groups of this amount