

Glass Half Full

Activities for Collaborative Thinking

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

OBJECTIVES

- To let go of negative attitudes
- To see the positives in a negative situation

MATERIALS

- None

SETUP

- None

INSTRUCTIONS

1. Have participants **pair up** with someone they haven't partnered with in awhile.
2. Ask participants to **designate** one of them as **A** and the other **B**.
3. **Explain** that **A will share a story or incident about something negative that happened to them. This can be personal or school related. It can have occurred recently or years ago, but it must be something that is no longer taking place.**
4. **Have** participants imagine that experiences have a range of negativity, from one to ten. Ten would be something traumatic or horrible, like a loved one dying. One would be something small, like breaking a fingernail. **Ask** participants to **think of a story to share that represents something falls from three to five on the negativity scale.**
5. **Give partner A five minutes** to tell their story while **partner B listens.**
6. Instruct partner A to then **tell the same story again**, but this time they should try to **find the good things** that came from this experience.

CONTINUED



Glass Half Full continued

7. Partner **B** can **help them explore** the good that came from the bad.
8. **Switch** and have partner **B** tell a story.

DEBRIEF

- How did it feel to hear someone's negative story?
- As you were listening to the story, what were you imagining or thinking of?
- What was it like to reframe the story to draw out the positive?
- What is hard about this process?
- While it is not always possible to see the positive in a situation, what is powerful about developing this skill?
- Do you know anyone who seems constantly negative?
- What would you like this person to practice?