

Self Sculptures

Activities to Build Trust

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

OBJECTIVE

- To explore the group's many personality traits

MATERIALS

- Play-Doh (enough for each participant)

SETUP

- None

INSTRUCTIONS

1. Ask participants to **think** of **one goal** they have for themselves.
2. Next **ask** participants: "**For this goal to happen, what is one thing you will do, and what is one thing you will let go of?**"
3. Give each participant **two slabs of Play-Doh**, in two different colors.
4. Ask participants to **create two Play-Doh images**—one that represents what they will do, and another shape that represents what they will let go of. *For example, if someone's goal is to be more punctual they may sculpt a watch, to signify they will begin to wear a watch, and they may sculpt a bed, as a symbol that they will wake up earlier each morning.*
5. When all the participants have finished sculpting, ask them to **share** their sculptures with the whole group.

CONTINUED



Self Sculptures continued

DEBRIEF

- What did you choose to sculpt?
- What made you choose this?
- What is important to you about this aspect of your personality?
- Did you hear something from someone in the group that surprised you?
- Did you find that you have something in common with anyone else? **Who** and **what**?