

Today I Saw You...

Activities to Establish Community

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

OBJECTIVES

- To support instructors in acknowledging participants' positive choices
- To create an asset-based environment

MATERIALS

- Index cards
- Pens
- Mason Jar
- Popsicle sticks with participants' names on them (See previous activity,


AGREEMENTS CAPTAINS)

SETUP

- Write each participant's name on one index card
- Throughout your session, observe participants and make notes on each person's card listing the positive choices they made that day.

INSTRUCTIONS

1. **Ask** participants, "What does 'asset based' mean?"
2. **Explain** to the group that **asset based means first looking for the positive in any situation. In an asset-based climate, we would hope to hear more positive comments than negative comments.**
3. **Ask** participants, "What might be the impact on a person if they are in an asset-based classroom/environment versus a negative classroom/environment?"
4. **Explain** to participants that **creating an asset-based environment can have a big impact on one's sense of confidence, self-esteem, and resilience. It can motivate people to make choices based on group values rather than on their personal comforts.**
5. Ask each participant to **draw a random participant's name** from the Popsicle stick jar.
6. Explain that each participant should **observe** the person

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Today I Saw You... continued

they chose and **look for their positive choices** in order to **share their observations** at the end of the session.

7. Now, **run an experiential activity** for your group. As your group engages in the activity, **flip through your index cards** and **make notes on the positive choices** participants are making. Throughout the session, look for opportunities to **validate** the participants' positive choices by **quietly telling** them what you have observed.
8. At the end of the session, ask participants to **form a circle**. Ask each person to **share** what they observed in the person whose name they selected from the Popsicle stick jar.

DEBRIEF

- How did it feel to be acknowledged for your positive choices?
- What shifts when we try to see the positive things in one another?
- What skills do we need to have asset-based eyes that can observe positives rather than negatives?
- Sometimes it is easier to see the negative qualities in each other. Why do you think this is so?