

What's In The Bag?

Activities to Facilitate Connections

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

OBJECTIVES

- To build relationships
- To describe oneself in creative and unexpected ways

MATERIALS

- Large paper bag
- A random assortment of items

SETUP

- Fill a brown paper bag with assorted items, such as a \$20 bill, keys, a tennis shoe, a piece of jewelry, a Bible, a Snickers candy bar, a bottle of hot sauce, etc. (You must have enough items that each person can select one.)

INSTRUCTIONS

1. Have participants **sit in a circle**.
2. **Place the brown bag on your lap** and explain that in this bag is a **clue to learning something new about each group member**, inspired by a random assortment of objects.
3. Explain that you will reach into the bag, **randomly select** an item, and **share something about yourself** inspired by this item.
4. **Statements can be profound or simple.** *An item might inspire them to share about their favorite flavor of ice cream or about a grandparent, parent or friend that has passed away. For example, if you pulled out a bottle of hot sauce you might say, "I love hot sauce and eat it on everything," or they might tell a funny story about a time they drank from a cup that they thought was juice and it turned out to be hot sauce.*
5. **Model this** by selecting an item from the bag, and sharing something about yourself, then pass the item to the person on your right.
6. **Continue** until everyone has selected an item and shared something about themselves.

CONTINUED



What's In The Bag? continued

DEBRIEF

- What did you like about this activity?
- What did we learn about each other in this activity?
- How did this activity help us strengthen our sense of community, or deepen our relationships to one another?