

A Little Light On The Subject

Type: _____ Introductory X Working _____ Closing _____ Game

Optimum Group Size: 5 - 15

Materials Needed: Risk slips, Flashlight (optional)

Outline of Activity:

This activity works best at an evening meeting. Turn the lights out and switch on a flashlight. Group members sitting close together in circle (preferably on the floor).

Option #1: Use risk slips

Option #2: Use these two questions:

What was your happiest moment?

What was your saddest moment?

Each person in the group shares their happiest moment. When everyone is done then go to the saddest moment.

Goal:

Promote personal risk taking and sharing of feelings.

Promote getting to know group members on a deeper level.

Promote group cohesiveness.

How to Process:

How did you feel during this activity? Why?

Make the point that all feelings are okay.

What did you learn about yourself? About others?

Source or Submitted by: Mary Marvel

RISK SLIPS

I love to...

Something I do well is...

I worry about...

I'm happiest when...

I feel the saddest when...

I get angry when...

When I feel sad I...

I get scared when...

I see myself as...

Right now I'm feeling...

More than anything else I would like to...

The best thing about me is...

The worst thing about me is...

The thing that makes a good friend is...

Other people make me feel...

People can get to me by...

I pretend to be _____ when I really _____...

I get people's attention by...

People seem to respect me when...

I want to be able to...

I have accomplished...

When a person uses drugs...

Alcohol affects people by...