



Introductions

The Goal: The purposes of this exercise is to kick off the group, get to know the students, and set the tone of these activities.

Materials:

Circle of chairs, paper and pencils/pens.



Step 1: Have students sit in a circle and introduce yourself and the purpose of the group. Emphasize that the point of the group is to dive deeper into what your strengths and weaknesses are, help you grow, examine why you are at school, and figure out what you want to get out of school.

Step 2: Instruct each student to share their name, how long they have been at the school and/or lived in the area, then tell the group one thing everyone knows about them and one thing nobody knows about them. Ask follow-up questions.

Step 3: Students should get out paper and pencil/pen. Ask them to write down answers to the prompts below. Let them know that they will not be asked to share their favorite/least favorite things so they can be honest.

- What is your favorite thing in life right now?
- What are your top three least favorite things?
- What do you love about this particular school?
- What do you dislike about this particular school?
- What does the world look like to you?
- What do you wish the world looked like?
- How can you be a part of making this happen?

Step 4: Discuss the answers to the final two questions together as a group. Conclude by outlining how the group will explore each individual's approach to actively address the last two responses.

RAMP (ASCA) Mindset & Behaviors addressed and developed:

Academic: *Building Supportive Adult Relationships.*

Social/Emotional: *Sense of Belonging; Self-Motivation / Self Direction; Perseverance; Self Confidence; Coping Skills; Building Positive Peer Relationships.*