



# 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 (or pass them out). Ask them to write down answers to the prompts below. Let them know that they don't have to share things that they aren't comfortable with. They will not be asked to share their favorite/least favorite things so they can be honest.

Here's some sample questions to ask:

***What's something you're really enjoying in your life right now?***

*Example: "I love playing soccer with my friends!"*

***What are three things you don't like very much right now?***

*These could be about school, home, or anything else.*

***What do you like most about this school?***

*Example: "The art room is so fun!" or "My teacher is really nice."*

***Is there anything you don't like about this school?***

*It's okay to be honest!*

*Maybe there's something you wish could be better.*

*Example: "I wish we had longer recess."*

*You can use words, a drawing, or even emojis!*



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***If you could describe the world right now, what would it be like?***

You can use words, a drawing, or even emojis!

***What do you wish the world was like?***

Imagine your dream world—what would it look or feel like?

Example: “No more wars,” or “Everyone has food and a home.”

***What’s one small thing you can do to help make the world better?***

Even little actions can make a big difference!

Example: “Be kind to someone new,” or “Pick up trash at the park.”

## Step 4:

Invite students to pick the question that feels most meaningful to them—and share their answer with the class.

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## 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.*