Buckeye 2015: Leave Your Mark

Thursday: Discover Your Best Self

- What are you passionate about?
- Discover your best self. Be your best self. Leave your best self.

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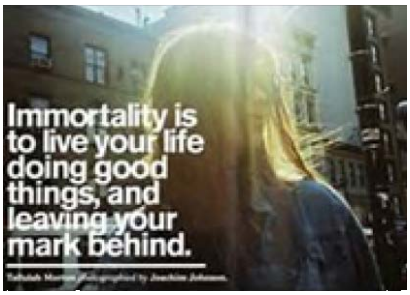
Friday: Aspire to Inspire

- Recognize the good others are doing
- Recognize the small things



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Saturday: Serve Others

- Bibs to Aprons
- What Is Needed vs. What I Want To Give

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- Share without fear
- Celebrate success

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BILL Thursday 1

To Tell The Truth

Objective: To fool all the people, at least part of the time. This is a nice conversation starter and a way for members of the group to learn something unique about the members of the group.

Materials needed: Pens or Pencils and 3” X 5” note cards, or pieces of paper.

Activity: Have everyone write their name on their card, then write something unique they do or have done that no one is likely to know about them, but that they would like them to know. He cards are folded once with their name and statement inside.The moderator asks three people to give him/her their cards, and take one of the seats at the front of the group. The moderator reads over the cards then selects one of the cards to read to the group. The three “featured card” writers then answer questions from the group as though they were the one who experienced what was read from the card. After a brief questioning period, the group is asked to vote by show-of-hands who they thought wrote the card. The most wrong or mixed votes is a mark of success. The person who wrote the card is to answer honestly. (Creative authoritative sounding answers and a straight face are the goal of the others.)

BILL/KAREN Thursday

What's in your pocket / purse

Everyone selects one or two items from their pocket, purse, wallet or backpack or something they are wearing (such as a piece of jewelry) that has some personal significance to them. They introduce themselves and do a show and tell for the selected item and why it is important to them.

CHUCK Thursday

What Is Your Brand?

We all have an idea of who we are and what we show the world about what is important to us. Market people talk about branding and what you see identifies and classifies sections of the population.

In a few simple lines draw out a “brand” that tells who you are. Symbols and lines connected together with an explanation attached will hopefully get people willing to share with one another. The more each line portrays the simple and elegant the brand can be.

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BILL **Thursday** **2**

Symbols

Have each person bring in something that is important to them, or represents something important, or symbolizes something you like to do, or represents you in some way. I could be a CD, poem, picture, gift, etc. Have each person show their item and share the meaning.

KAREN **Thursday**

Four Corners

Here's a good icebreaker as a fun way for people to get to know each other better. Four Corners (also known as Four Squares) is a simple activity in which people share who they are through the use of hand drawn pictures. This icebreaker is for all ages, and works well with small and medium groups. It usually takes about 15 minutes, depending on how much time you want to allow for sharing the pictures. You'll need sheets of paper and writing utensils. Don't worry, no artistic skills are required for this icebreaker activity — just have fun and encourage everyone to enjoy being creative while illustrating who they are!
Distribute a pen and sheet of paper for each player. Each person divides the sheet into four boxes/squares either by folding the paper in half twice (vertically and horizontally) or simply by drawing a horizontal and vertical line that crosses in the middle. For each square, each person will describe themselves in the form of drawings. Choose these four topics in advance. For example, in the top left square, everyone could draw "favorite hobbies," while in the top right, people could illustrate "favorite place on earth for vacation," the bottom left could be something like "if you were an animal, which one would you be?" and the bottom right could be something like "what are the most important things in your life?" Feel free to be as creative, hypothetical, or deep as you like. Allow five to ten minutes to draw. When everyone is finished, gather them together and share the drawings as a group. This icebreaker is an excellent way for people to show-and-tell what makes them unique! This activity can be customized for any situation – for example – have people draw four things about which they are passionate.

EDIE **Friday**

Headbands

We would have everyone write down a person, place or thing relating to recreation on a card, the possibilities are endless. All of the card would be mixed together and everyone would draw one. Each person would have someone assist them in putting the card on their headband so they do not see the name of the person, place or thing that they are, but everyone else can read the card. Going around the circle everyone would ask a question that may only be answered with a yes or a no by the rest of the group, then they are able to guess what they are. You continue to go around the circle until everyone guesses what they are.

KAREN **Friday** **3**

The Group Needs Me Because…

Objective

Co-operative energizer. This exercise brings out humor and competitiveness, together with team spirit.

Time Limit2 minutes per person plus 10 minutes preparation and processing.

Procedure

1. Give participants five minutes to write down three reasons why they believe that the group needs them.

2. They should then be asked to individually walk around the room shouting out these three reasons with commitment and belief.

Processing Questions

1. How did this activity make you feel?

2. Were you surprised at the response you received from the crowd?

3. Prior to this activity, had you shared your reasons why you are an asset to the group with anyone?

4. How did it make you feel to reveal to others why you feel that you are a needed part of the group?

5. Do you now have a better sense of others after hearing their personal reasons?

ICA **Friday**

PASSION

THURSDAY: DISCOVER YOUR BEST SELF
Man is only great when he acts from passion ~ Benjamin Disraeli

What does passion mean to you?
Definition of Passion: *Passion is a strong emotion that happens within each of us when we are doing meaningful work that makes us feel better about ourselves at a pace that feels like real progress.*
What are you passionate about?
What did you learn about passion from listening to others talk about their passions?
What benefits does doing something you are passionate give you? Give others around you?

David Jones & Jacqueline Throop-Robinson – Passion Works. (2009). Passion Works! Creating passion in the workplace. http://www.passionworks.com/site-pw/media/PassionWorks/Sample%20Wkbook%20for%20Web.pdf

CHUCK Friday 4

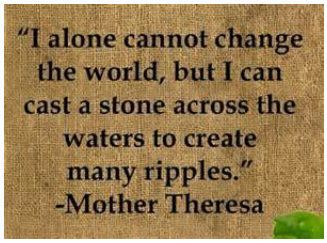
The Mark(s) You Have Made and Want to Make:

Take a pen or pencil draw and “mark” on the time line created. Put down events that have formed who you are. Birth would be an obvious choice if you chose so. The timeline can hold as many events as you choose. Put the events down in chronological order. Time, dates, age and other identifiers are welcome, but not necessary.

Then “mark” the goal, aspirations and plans for the future. Again dates, age, and other identifiers are welcome but not necessary. Share with the group if you wish.

Processing type questions:

- Tell us what marks you have made and how they have made you who you are.
  - What influences have you had/given.
  - What are you proud of in your marks on life
  - What marks are most important to you
  - Others
- What markers do you hope to fulfill from this point forward.
  - What marks do you see as valuable
  - What marks do you believe will be valuable to others
  - What is the best mark that you can give to lead the way into the future?
  - Others



Start>_____now and beyond>>_____

BILL **Friday**

Heroes, Allies, and Companions

Give each person a piece of paper and pen

Tell them to divide their paper into three parts, titling each section, "Heroes," "Allies," and "Worthy Companions." Identify and draw artistic representations of people for each box. (You could choose to just have them put in names of people rather than drawing.)

- Heroes are people that you look up to and admire for their achievements or way of being.
- Allies are those who have more power than you that you trust or can enlist to help you move toward your goals.
- Worthy Companions are peers who are on a similar journey or could be a good support to you in your journey.

ICA **Friday** 5

ONE AGAINST ALL

This is a team-building exercise really drives home the idea of how easy it is for 1 person pushing against a community to disrupt everything. The activity is simple. In a small area, we'll have 20 empty 2 liter bottles. 19 staff members will focus on setting the bottles up, and 1 will focus on trying to knock them all down. The only rule is that you may not hold a bottle for more than a second, and you may not carry a bottle around with you. After this round, we will have all 20 staff members setting up bottles, instead of knocking them down.

The de-brief for this activity is powerful. The activity is essentially impossible with 1 destructive person, but it couldn't be easier when we are all on the same page. The same holds true for running summer camp. The question for staff is this: Do you want to be the one person who is knocking everyone else's bottles down this summer, or do you want to be one of us who is setting them up?

If we execute well, we hope that this will be a memorable touchstone as we move throughout the summer. In staff meetings, we'll refer back to this de-brief: "Did anyone pick you up this week? Did you pick anyone else up this week? Look in your own heart. Did you knock anything over this week? Knock anyone over? If you were knocked over, did you attempt to communicate your feelings? Remember – being a member of this community isn't about being perfect, it's about moving closer toward who we want to be each day."

James Davis. (2014). Training Staff in What Really Matters, Part 1: Buy In. http://camphacker.tv/blog/2014/5/training-staff-in-what-really-matters-part-1-buy-in

KAREN **Saturday**

Gratitude and Wishes

Draw, and/or color a tree, including its roots and branches, by creating intricate patterns that become more complex as they get farther from the tree's trunk. Add words in the rocks and roots in the soil to represent values that are important to you or lessons you have learned in your life. Add words (like leaves) in the branches to represent things you are doing or would like to do to serve others. Look at how the words in the leaves are based on the values/lessons from the roots of your tree. Share around the room and feel free to add more words to your own tree as you hear ideas from others. (This is a different approach to brainstorming. By continuing to write down ideas as other people voice them, it will give you more ideas that you can use yourself.)

BILL **Saturday 6**

MY THREE MINUTE INFLUENCE STORY

Ask each person to relate a "Three minute story" to the group. Have someone be a timer and observe the cut off time religiously. Accept volunteers or take turns around the group.

In just three minutes (or how ever much time you think appropriate), try to describe the influences that have molded you into the person you have become today. What were your significant life influences and how were you influenced? Where did you grow up? What were your significant school experiences? What were your significant other community experiences? Who influenced you? Who were the significant adults in your life - teachers, neighbors, relatives, etc. Who were your significant friends/peers that influenced your life?

Option: Hand out a copy of the list below and give participants a few minutes to write down a few ideas.

Option: One Minute Story. Take turns rolling a dice and which ever number comes up, that is the question number you create a "one minute story" around. You could just read the question for them to answer.

SIGNIFICANT LIFE INFLUENCES

1. Where did you grow up? What influence do you think that had?

2. What was your home/family situation? What influence do you think that had?

3. Significant school experiences? What influence do you think they had?

4. Significant other community experiences? What influence do you think that had?

5. Significant adults in your life - teachers, neighbors, relatives, etc. What influence do you think they had?

6. Significant friends/peers? What influence do you think they had?

KAREN **Saturday**

Find Your Passion

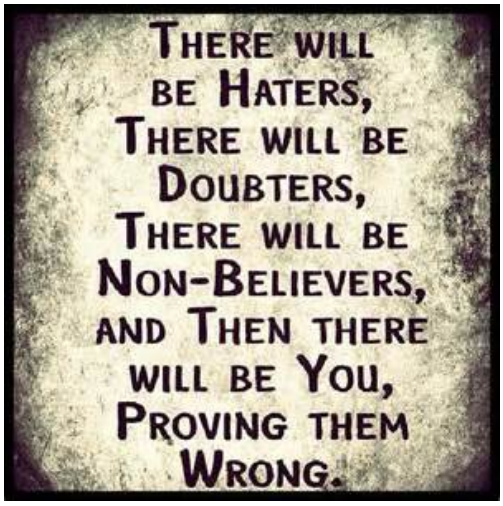
This is on a separate attached PDF (see last page)

PHIL **Sunday** **7**

Road Map

Objective: For group members to work together to plan an event.
Group Size: 4 or more
Materials: One map for each team
Paper Pens or pencils

Description:
Divide the group into teams of two to eight and give each group a map. The map can be of the state you live in, of the whole country, or of a specific area, but give each group a copy of the same map. Instruct the teams to plan a vacation, working within the parameters you set for them. Give each group a list of what they have for their trip, how much money, what kind of car, size of gas tank, mpg, price of gas, start or end destination, size of town they can find gas in, amount of time they have, and anything else you think of. Also, give each group paper and a pen or pencil for writing down their travel plans. Any group that runs out of money or gas will be disqualified. You may give "awards" to the team that saw and did the most with what they had, or for the most exhausting trip, the most relaxing, etc.
Discussion Prompts:
1. Was this a fun task for your group? Why or why not?
2. Did everyone give the same amount of input?
3. Were any of your ideas rejected? If so, how did you feel? Did you stop giving ideas?
4. What is the hardest part about group decision making?
5. Would you want to go on the trip you planned?
6. Would you want to go on a trip that another group planned?
7. Are vacations usually fun or stressful for you? Why?



BILL **Sunday** **8**

"PAT-ON-THE-BACK" FEEDBACK SACK

Supplies: Brown paper lunch sack for each participant

Strips of paper (Each person receives enough strips equal to the

Number of people in the group, minus one for self. 10 people in the

Group would require 90 strips of paper.)

Procedure: One person sits in the center of a circle of Think Together members. Members each take one strip of paper and write one or more positive things about the person in the center. When finished writing, they fold the strip, and place it in the open bag. When all have placed a strip in the bag, that person leaves the center of the circle, another member of the group takes the seat, Feedback Sack open, and the process starts again.

Bags containing the written comments are not opened in the group, but are to be opened on the way home or later.

PHIL **Sunday**

Fear in a Hat

Equipment: Paper and pen/pencil per participant; Hat, tin or bag.

Time: 5 minutes + 1-2 minutes per participant, e.g., 15-20 minutes for a group of 10.

Brief description: People write personal fears anonymously on pieces of paper which are collected. Then each person reads someone else's fear to group and explains how the person might feel**.**

· Set an appropriate tone, e.g., settled, attentive, caring and serious.

· The tone could be set by introducing the topic of fear and explaining how it is normal and natural at this stage of program that people are experiencing all sorts of anxieties, worries and fears about what might happen. A good way of starting to deal with these fears is have them openly acknowledged - lay them on the table, without being subject to ridicule. Having one's fears expressed and heard almost immediately cuts them in half.

Can be done as the first activity in a program, during the initial stages or well into the program. When used early on in particular, it can help to foster group support and be helpful for alerting the group to issues they may want to respect in a Full Value Contract.

· Ask everyone, including the group leaders, to complete this sentence on a piece of paper (anonymously):
"In this trip/group/program, I am [most] afraid that..." or "In this trip/group/program, the worst thing that could happen to me would be..."

· Collect the pieces of paper, mix them around, then invite each person to take a piece of paper and read about someone's fear.

· One by one, each group member reads out the fear of another group member and elaborates and what he/she feels that person is most afraid of in this group/situation. No one is to comment on what the person says, just listen and move on to the next person.

· If the reader doesn't elaborate much on the fear, then ask them one or two questions. Avoid implying or showing your opinion as to the fear being expressed, unless the person is disrespecting or completely misunderstanding someone's fear. If the person doesn't elaborate after one or two questions, leave it and move on.

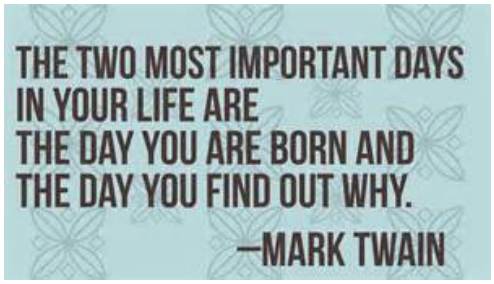
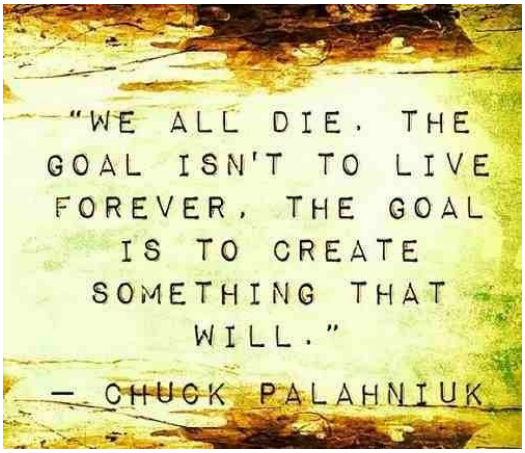
When all the fears have been read out and elaborated on, then discuss what people felt and noticed.

·Can lead into other activities, such as developing a Full Group Contract, personal or team goal settings, course briefings which specifically tackle some of the issues raised, or into other activities in which participants explore their feelings and fears.

CHUCK Sunday

You Are ReMarkAble

As part of a processing event toward the end of workshop; have someone start and say something about another in the group that they thought that person was remarkable at. And then remark how that skill helps others. His person then selects another person to do the same this continues until all are remarked about.

<u>Think Together Pairings</u> – 12 Groups
2015

John – Katie
Edith – Ica
Bill – Ruth
Karen – Rod
Larry – Lydia
Christy – Neva
Chuck – Ted
Joe – Phil
Michael – Susan
Dave – Jalisa
Tim – Meaghan
Barry