

Facilitator's Tool Box – Module I

Have You Ever – Ice Breaker/Levelling Activity

Purpose: This activity is designed as an ice breaker, to relax the group and to sort of 'level the playing field' by showing that everyone makes mistakes; none of us are immune from poor judgment at times. It can also help parents realize their children are not the only ones who have gotten in trouble.

Outcome: Relaxed attitudes, less defensiveness about reason for being here, feeling more comfortable with each other and in being here.

Instructions: Arrange the group in as large a circle as the room will allow. Provide each with a rubber round, piece of carpet square, or something that won't slide on the floor and designates each person's "spot." The facilitator starts by being in the middle, and asks a question:

Have you ever.....? The question has to be about something the Facilitator has, in fact, done in his/her lifetime. Everyone in the room who has also done that same thing at some time, has to move from their spot. each person has to move at least two spaces to their right or left (no moving to the spot right next to you.) As people are moving, the person in the middle tries to snag one of the spots being vacated, leaving a new person in the middle, who then has to ask "Have you ever.....?"

Because everyone is usually here because of a mistake or error in judgment, we suggest that questions be asked in that context.

Examples: Have you ever run a stop sign?
Have you ever driven over the posted speed limit?
Have you ever done something dangerous just for fun?
Have you ever broken something when you were angry?

Play for 10-15 minutes or until people can't seem to think of any more questions. If they run out of ideas very quickly, it can be changed to asking about mistakes or errors that were made and rectified, or almost made & thought better of before being carried through.

Process: *"What is the purpose of playing such a game?" (To show everyone that we all make mistakes.) How did you feel seeing how often other people moved? Were you surprised at some of the questions and people moving when they did? Do you feel any more comfortable about being here now? How can we use our mistakes for our betterment?*

