

FEELING SNOWBALL FIGHT

Items Needed: Paper, Pens or Pencils

Give everyone a piece of paper and a pen or pencil. Ask them to write down something specific on the piece of paper that you want them to share, such as:

- How you feel when you are with this group?
- How are you feeling right now?
- What do you do when you become really angry?
- What makes you feel really sad?
- What are the strengths and weaknesses of this group?
- What would you like to change about this group?

DO NOT put names on the papers because everything should be anonymous. Once everyone has finished writing, tell them to crumple up their papers, and, on the count of three, start throwing the papers at each other as in a snowball fight. After the snowball fight has gone on for a while, yell, “stop,” and ask each person to pick up one “snowball.” Gather the group together and take turns reading the papers that they ended up with to the group. You may discuss each response that is read or wait until all the papers have been read before having a discussion.

DISCUSSION PROMPTS:

1. What did you hear in the papers that surprised you?
2. How do you feel about what people wrote today?
3. How did you feel about the way you shared your feelings?
4. Did you like throwing the snowballs? Why or why not?
5. Does anyone want to comment on or add to what was said?

