

## **Cultivating Deeper Connections**

**March 5<sup>th</sup> 4:10 – 4:55**

### Step Into My Shoes (2 minutes)

- How does it feel to be someone else? Different perspective.

### Non-dominant hand – As enter room (1 minute)

- Wear a bracelet on your non-dominant hand and challenge yourself to only use this hand during the session – bring bracelets for this!!! Hand out as enter room

### Walk and Talk (8 minutes)

- Find a partner you do not know very well
- Walk and talk for 2 minutes discovering 2 things you have in common
- Partner with 2 other people and make introductions and share discoveries
- Talk about your name and how you got it

### Starter Cards (22 minutes)

- Mix and mingle – share names and perform picture together (2 minutes)
- Group of 8 – Elevator (3 minutes)
  - ✓ Show me what a normal elevator looks like
  - ✓ Now an elevator with a team that just won the world series for the first time
- Group of 6 – Everybody Go (5 minutes)
  - ✓ Say your name and the say, “Everybody Go!” and display an action (fist pump, spin around.
  - ✓ All other players enthusiastically say, “YES” and repeat the action with you
- Group of 5 – When I was 10 (5 minutes)
  - ✓ Share things about when you were 10
    - Where did you live?
    - Who was your best friend?
    - Were you in any organized groups? Sports? Girl/Boy Scouts?
- Mix and mingle but instead of sharing the photo, turn the card over and discuss a topic on the other side (2 minutes)
- How do I fit? Get into groups based on random things section (5 minutes)
  - ✓ How did that work out?
  - ✓ Was there some creativity?

### Step to the Line (3 minutes)

- Step to the line if the answer is yes (this is an exercise in silent empathy)
  - ✓ Have you ever been afraid to speak your mind for fear of judgment?
  - ✓ Have you ever had to hide a part of your identity to fit in?
  - ✓ Have you ever been treated unfairly because of something you couldn't change?
  - ✓ Have you ever felt unsafe walking alone at night?
  - ✓ Have you ever changed your mind about someone after hearing their story?

#### First Impressions (5 minutes)

- Find a partner and predict these 3 things:
  - ✓ What is their job title?
  - ✓ What kind of car do they drive?
  - ✓ Favorite genre of music?
- Share your thoughts and hear the true story

#### Knee to Knee (3 minutes)

- Find a new partner
- Sit facing one another w/ knees touching
- Remain silent for 1 minute

#### \$100 Bill (3 minutes)

- Show a \$100 bill
- Who would like it?
  - ✓ Crumple it
  - ✓ Dip it in water
- Do you still want it?
- Exercise in value
- Find the good!!

#### OF Exercise (2 minutes)

- Show them the “OF” exercise
- Silently count the number of “OF”
- How many did you see?
- It is all in front of us and yet many of us make a mistake.

#### Circle of Life (3 minutes)

- Share a lesson from a grandparent or mentor