



OUR MISSION: Women and Youth Supporting Each Other empowers young women by providing the resources and support necessary to make positive life choices and create community change.

BONDING ACTIVITIES

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Big Seven

Overview: In small groups, mentors take timed turns (2-4 min each) freely speaking on any of the following seven “big topics.” Only the mentor whose turn it is may speak – all other group members must remain silent and actively listen. The mentor speaking may share whatever they want on any/all of the “big seven” topics – many mentors will choose to speak about personal experience with these topics, but it is also okay to speak generally. Once all group members have had a turn, the discussion is over. There may be no direct questions, follow-ups, or comments from fellow group members and nothing may be repeated outside of the “big seven” group. This activity accomplishes three-fold: engages mentors to confidently think and speak their minds on complex issues faced in WYSE, encourages mentors in the art of listening, and builds trust and respect among mentors as they share in a safe space.

Topics:

- Race & Ethnicity
- Class
- Gender
- Sexual Orientation
- Socioeconomic Status
- Religion
- Family Structure & Dynamics



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Step into the Circle

Overview: This activity is designed to highlight similarities and differences among mentors (and can also be adapted to use with mentees). All mentors stand in a large circle, shoulder to shoulder. One person reads the following statements beginning with “Step into the circle if...” Mentors take one small step forward into the circle if the statement applies to them, pause, and step back into place. There is no discussion during this activity.

STEP INTO THE CIRCLE IF...

- You are the oldest child in your family
- You are the youngest child in your family
- You are the only child in your family
- Your parents are divorced or separated
- You were born outside the US
- You have lived in more than 4 places
- You were raised in a rural community
- You were raised in an urban community
- You have attended school somewhere outside the continental United States
- You are a member of a sorority
- You had an imaginary friend as a child
- You consider yourself independent
- You voted in the last presidential election
- You are registered to vote
- You have ever cheated on a test or assignment
- You have ever been made fun of because of how you dressed or looked
- You have ever talked about someone behind their back
- You have ever been made to feel less intelligent than someone else
- You have ever done something without thinking about the consequences
- You consider yourself to be an athlete
- You have ever been in a play or musical
- You have ever played in a band
- You have ever taken a big risk that paid off



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You know what you are passionate about
 You know what you want to do as a career
 You are someone who was raised by a single parent
 You have more than 2 brothers and/or sisters
 You or someone close to you is gay/lesbian/bisexual/transgendered
 You were raised in a family with a step father/mother/brother/sister
 Your parents are still married
 You have ever been told that you are “gifted”
 You have ever felt different
 Your parents did not grow up in the United States
 Your parents told you that you could be anything you wanted to be
 You do not participate in any organized faith group
 You are in a relationship right now
 In the past year you have been in a relationship and been hurt.
 You know a lot about your cultural heritage
 You consider your family as middle class
 You speak more than one language
 You are economically independent of your parents
 You have ever felt lonely
 You have ever felt physically unattractive
 You have ever felt estranged or unconnected
 You have cried at least once this year
 You have cried at least once this year for someone or something other than yourself
 You played sports in high school
 You have traveled to a country that speaks a language other than English
 You were ever called names because of your race, class, ethnicity, gender, or sexual orientation
 You ever tried to change you appearance, mannerisms, or behavior to avoid being judged or ridiculed
 You were told that you were beautiful, smart, and capable by your parents
 You were encouraged to attend a college by your parents
 You have taken a vacation out of the country
 You have ever felt that you were treated less fairly because of your race, ethnicity, gender, or sexual orientation
 You ever felt uncomfortable about a joke related to your race, ethnicity, gender, or sexual orientation



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- You were ever discouraged from academic or jobs because of race, class, ethnicity, gender, or sexual orientation
- You got picked on in middle school
- You have ever been called an offensive name
- You consider yourself a happy person
- You are the first person in your family to go to college
- You were a leader in high school
- You have grandparents that were born outside of the United States
- You would change something about yourself if you could
- You have broken someone's heart
- You have someone in your life that you can tell anything to
- You have caught yourself judging someone before you really knew them
- You have dated someone outside of your race
- You or a friend or family member has been sexually assaulted or raped
- You or a friend or family member has been a victim of abuse
- You have financial aid or scholarships to attend college
- You have a visible or hidden physical, learning or developmental disability or impairment
- You have ever felt out of place while at school
- You have ever been called or called someone a bitch or slut
- You or someone you know has experienced the effects of alcoholism
- You or someone you know has experienced the effects of drug addiction
- You have ever felt brought down because you are a woman
- Someone has ever made you feel like you couldn't do something because you are a woman
- You have ever felt empowered as a woman
- You believe you have the power to create change in your life, community, friends, family, and the world
- At some point during this activity, you did not step into the circle when you should have



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Touch Someone Who

Overview: This activity is designed as a wrap up activity for the end of training. It is utilized to demonstrate to mentors how much closer they have become as a unit since the beginning of training, and to serve as an activity to recognize the amazing qualities of mentors, and to bring them closer together through appreciation of each other.

Directions: Have mentors stand in a circle, facing outwards with their eyes closed, so they cannot see who is on the inside of the circle. The leader of the activity will stand in the middle of the circle, and read out the following prompt or feel free to create their own. The should tap 4-6 mentors (this number will vary depending on the amount of mentors taking part in the activity) on the shoulder, and the mentors will stand in the middle of the circle in order to respond to these “touch someone who...” prompts given by the leader of the activity. They may touch as many mentors as they feel fit the description of the prompt. Ensure that every mentor has an opportunity to be in the middle of the circle.

Prompts:

Touch someone who makes you laugh

Touch someone who you have learned something from

Touch someone who makes you smile

Touch someone who is unforgettable

Touch someone who is beautiful inside and out

Touch someone who you can trust

Touch someone that you thought you knew but you feel closer to after this retreat

Touch someone that you can always count on

Touch someone intelligent

Touch someone who you can depend on

Touch someone you appreciate

Touch someone you couldn't live without

Touch someone you have made a connection with

Touch someone who you can cry with

Touch someone that will always hold a special place in your heart

Touch someone you want to know more about

Touch someone you respect

Touch someone who has made an impact on your life

Touch someone who you can tell anything



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Touch someone who is a good listener
 Touch someone you think has strong values
 Touch someone who gives it their all
 Touch someone that makes you feel important
 Touch someone who is truly a leader
 Touch someone who you know supports you
 Touch someone who is very special to you
 Touch someone who challenges you
 Touch someone with great ideas
 Touch someone you consider a friend
 Touch someone who has inspired you
 Touch someone you admire
 Touch someone who can really brighten your day
 Touch someone who always makes you feel comfortable
 Touch someone who knows the most about you
 Touch someone who goes above and beyond
 Touch someone who embodies the WYSE Spirit
 Touch someone you love
 Touch someone who has a beautiful smile
 Touch someone compassionate
 Touch someone who truly represents WYSE
 Touch someone you wish you knew better
 Touch someone who motivates others
 Touch someone who always displays a good attitude
 Touch someone who you want to get to know better

Sample Debriefing Questions:

1. How did this activity make you feel?
2. How important is it to affirm the contributions of fellow mentors?
3. How did you feel when someone touched you?
4. What are some other ways to affirm each other?
5. What, if any, are some “someone” statements that you wished had been said?
6. Would you like to recognize a few of those who you would have touched had that statement been read?

Sources: Colorado High School Activities Association; Eastern Washington University:

<http://web.ewu.edu/groups/studentlife/cno/teambuilding/groupaffirmation.pdf>

http://www2.chsaa.org/activities/student_council/pdf/2014/ideas/Touch%20Someone%20Activity.pdf