

Part 2: Deeper Activities

When your team members are familiar with one another and have laid the foundations of genuine relationships, you can work with them to strengthen these relationships. The activities in this section work to that end – building strong, sustainable relationships among your group members, despite differences of age, backgrounds, and experiences. You can use these activities to grow fledgling relationships or to deepen existing one.

ACTIVITY: RIVER OF LIFE

Every person has a rich life story that reflects both hard places and great celebrations. Taking the time to hear those stories increases appreciation for different experiences and the perspectives that arise from these experiences. This activity, introduced to KLCC II by Public Policy and Education Fund of New York, a KLCC I organization, works best when group members are comfortable with one another but still forming connections, for example, during the second day of a weekend retreat.

OVERVIEW

This activity allows each person to be seen and heard, thus strengthening the group's trust, understanding, and appreciation for the gifts and talents of each group member.

OBJECTIVES

- To build trust within the group
- To increase the knowledge of experiences that inform different perspectives

TIME REQUIRED

Anywhere from 30 minutes to 2 hours

SUPPLIES

You'll need paper (at least 11 X 14 inches) for each participant, art supplies (markers, glitter, stickers, construction paper, glue, popsicle sticks, etc.).

| WHAT | TIME | HOW | MATERIALS |
|--|--------|--|----------------------------------|
| Step 1: Setting the context | 15 min | <p>Tell the group, "We're going to create a picture that reflects the river of your life. Like a river, your life has a certain flow. There are times when a river is rushing and flowing over the banks. At other times, the river goes over rapids and rocks or moves slowly and peacefully. Take a few minutes to consider where you have been and what has been significant in shaping the direction of your life."</p> <p>Ask participants to use the art supplies to create a picture that describes their life journey. Allow approximately 15 minutes for participants to create their pictures.</p> | <p>Paper</p> <p>Art supplies</p> |

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| WHAT | TIME | HOW | MATERIALS |
|--|--------------------|---|----------------------------------|
| Step 2: Sharing the journeys | At least 10 min | <p>Ask for volunteers to share their pictures. Have them tell the group about their journey and what the images they drew represent in their life. Ask that the rest of the group give their full attention to the person who's sharing, and that all questions and comments wait until the end. Allot 5–7 minutes for each participant.</p> <p>If your group is too large for it to be feasible that everyone hears all of the stories, you can divide into smaller groups of 5 or 6 people.</p> | <p>Paper</p> <p>Art supplies</p> |
| Step 3: Reflecting and dis- cussing | 10 min. | <p>When everyone has finished sharing, ask a series of questions to prompt group discussion:</p> <ul style="list-style-type: none"> ■ What was it like for you to tell your story to this group? ■ What was it like for you to hear all of these stories? ■ What surprised you? ■ What insights have you gained about our group? | |