

HOPES & FEARS

MATERIALS |

Note cards or small pieces of paper and writing utensils

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OBJECTIVES | The objectives of this activity are for participants to identify their own feelings, hopes, and fears and to explore how their feelings are similar to or different than those of others in the group in order to build community.

FACILITATOR INSTRUCTIONS |

On note cards or paper invite participants to write “Hope” at the top of the front side and “Fear” or “Concern” at the top of the back side.

Invite participants to write one thing they hope for the day, year, or session under the word “Hope” and one thing they are worried or concerned about under the word “Fear.”

Collect cards and shuffle them.

Pass them back out. Remind participants that, if they get their own card no one will know that but them.

Divide participants into groups of 4 or 5 and ask them to read their cards to one another and answer the following questions:

- What common themes do you notice on the cards?
- What are some differences?
- Do these resonate with your own hopes and concerns?

If there is time, have each group gather their cards and pass them to the group next to them so that each group has a new set of cards to read and reflect on.

DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- What common themes came up on our cards?
Why do you think this is?



SUPPORTING MEDIA |

<https://www.michiganlearning.org/check-ins/>

NOTES |

If you have the resources, students could type and print their hopes and fears.

If participants are not yet able to write or read share hopes and fears out loud.