

# IF YOU REALLY KNEW ME

## MATERIALS |

paper and writing utensils

**OBJECTIVES |** The objectives of this activity are for participants to learn more about the lives and backgrounds of others, to practice deep listening, and to build meaningful trusting relationships with each other.

## FACILITATOR INSTRUCTIONS |

Individually ask students to write on a piece of paper three things about themselves that people who know them well know about them but that may not be common knowledge among teachers or classmates. They should start each sentence: "If you really knew me you would know that..."

Remind them that they can write anything but that they should only write things they are willing to share with the class.

Go around the circle and let each student read their three items while everyone else listens quietly and respectfully.

## DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- What did we learn about each other? How does this information matter in how we treat each other?



## SUPPORTING MEDIA |

<https://www.michiganlearning.org/sharing-who-we-are/>

## NOTES |

**EXTENSION:** Add an additional line "most people think \_\_\_\_\_ about me..... *but* if you really knew me..."

**WARNING:** This activity may reveal experiences of abuse or neglect that facilitators should be prepared to address.