

# ONE THING I WISH

## MATERIALS |

OPTIONAL: paper and writing utensils

**OBJECTIVES |** The goal of this activity is for participants to reflect deeply about their own lives and to share with others in ways that build relationships and encourage deep listening.

## FACILITATOR INSTRUCTIONS |

Invite participants to sit or stand in a circle.

Give each participant a chance to write or reflect on their answers to the following questions:

- One thing I wish people would never say or do to me again is...because...
- One thing I wish people would say or do more often is....because...
- One thing I wish my peers/classmates knew about me is...because...
- One thing I wish my teacher knew about me is...because...

Answers can be as deep as participants feel comfortable. They may say something very low-stakes or very high-stakes.

After each participant has answered individually, go around the circle and ask them to share their answers to one or all of the questions depending on time and willingness.

## DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- What did we learn about ourselves and each other in this process?
- How can we use what we learned about each other to better work together this year?



## SUPPORTING MEDIA |

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

## NOTES |

Facilitators should be especially prepared to provide follow up supports after this activity as it may reveal experiences of trauma, abuse, or neglect.