

It Happened To Me

This activity will help you share stories of small but important life moments with others. You can play this game in a group or use this method to think of stories you want to write on your own.

Materials:

- Small slips of paper
- A hat, bucket, or cup
- Notebooks or paper for every participant
- Pencils or pens for every participant

Directions:

1. On each of the small slips of paper, write down one of the prompts below:
A time you learned an important lesson
A time you were very scared
A time you discovered something new about yourself or about the world
A time you were incredibly happy
A time you were incredibly excited
Feel free to add any other prompts you would like!
2. Put all the slips of paper into a hat, bucket, or cup.
3. Have all participants sit in a circle.
4. Pull one of the slips of paper from the hat, bucket, or cup and read what it says to the group.
5. Allow each participant 5 minutes to respond independently in their notebook or on paper to the prompt.
6. Complete 3 rounds of this- pulling a prompt and allowing participants to independently respond.
7. Once each participant has responded to all three prompts in their notebooks, allow time to share. You can give each participant an opportunity to share what they wrote about any one of the prompts or allow people to volunteer to share on their own.

Tips:

- Never force anyone to share their writing. Creating an encouraging and positive environment for this activity will help make everyone more comfortable with sharing, but sometimes participants simply won't want to. Make sure you do not put undue pressure on anyone to do so.
- You may want to provide a reader's chair or stage area for participants to share their stories. After each participant shares their story, encourage others to clap, snap, or throw shooting stars their way!