



Show and Tell

Share about yourself by sharing objects that are important to you

TIME

20-30 minutes



TEAM STAGE

Forming, Norming, Performing

MATERIALS

Objects brought by participants

SUMMARY

In this activity, participants pick objects that are important to them and share them with their group.

SET UP

- Tell participants about this activity before the start of the session so that they can come prepared with an object to share.

INSTRUCTIONS

- Ask participants to find an object to share that answers a prompt that you pick, such as:
 - *Pick an object that has special meaning or significance to you.*
 - *Pick an object that tells a story about you.*
 - *Pick a unique object that you don't think other people have.*
 - *Pick an object that explains one of your hobbies.*
- Have participants go around in a circle and explain the object that they chose.

VARIATIONS

-  **Large Group:** To facilitate this activity for a large group, split participants into smaller groups to share their objects. Or, put small groups together and have them come up with items that center around a theme they choose. For example, a group of three finds out that they all like to wear scarves so they all bring in their favorite scarf. They can present together to the larger group.
-  **Online:** To facilitate this activity virtually, have participants step away from their computer and take 60 seconds (or the length of one song) to find their object and come back to their computer. Then, put a list of names in the chat as an order to share. For a large group variation online, utilize breakout rooms for sharing. [\[click here for video\]](#)
-  **Asynchronous:** To facilitate this activity asynchronously, create a shared folder where participants can put pictures of their objects and a shared word document where they can type explanations of their objects.

DEBRIEF QUESTIONS *(on next page)*



DEBRIEF QUESTIONS

- What was your favorite item that you saw and why?
- Describe how you felt sharing your item with the group.
- What other things do you feel like sharing with your group in the future?

■ **Facilitator Note:** As a general note, icebreakers are used for the purpose of breaking the ice and getting a group warmed up to participate in lessons and activities that will include debrief questions. Typically an icebreaker does not need to be debriefed, however, when done intentionally, inserting a mini debrief or thought provoking question after an icebreaker can help to set up the rest of the lesson and tie the entire experience together in a more seamless fashion. These are some sample questions that can be used or modified to connect to the lesson that will follow.