



PHILADELPHIA  
OUTWARD BOUND SCHOOL

# **SELF-REFLECTION ACTIVITIES**

*For Camp Leaders and Educators*

## **Glossary of Terms:**

### **ICEBREAKER**

An icebreaker is a team activity intended to help members of a group begin the process of forming themselves into a team. Icebreakers are commonly presented as a game to "warm up" the group by helping the members get to know each other and form relationships. They often focus on sharing personal information such as names, hobbies, etc. Icebreakers are a great way to start your virtual session or can be used intermittently to keep your attendees engaged and focused.

### **EMOTIONS CHECK-IN**

Activities intended for participants to name their emotions, express themselves creatively, or practice self-reflection. Naming emotions and creative self-expression takes practice, so allow for varying types of sharing in the large group. Taking the time for virtual attendees to identify how they feel and name emotions promotes introspection and can help build empathy and community between group members, no matter the distance!

### **TEAM BUILDING**

Activities intended to encourage group collaboration and communication. Activities typically have specific learning outcomes and can help the group form as a team. Taking the time to intentionally build a strong foundation of teamwork, communication and collaboration is integral for remote teams.

### **COMMUNITY BUILDING**

Activities intended to build community among team members through peer to peer recognition, sharing, and promoting honest dialogue. Providing your virtual attendees with community building activities are not only fun, but they increase engagement through observation and active listening. They promote self-confidence and sense of belonging.

## VISIT POBS.ORG FOR MORE RESOURCES

Activity Category	Activity Name	Intended Audience (Adult/Youth or All)	Learning Outcomes	Activity / Strategy Description	Materials Required	Activity credit (if known)	Time Frame	Hyperlink to Additional Resources
Community Building & Emotions Check In	I SPY	All	Self-reflection, empathy Building	The person leading the session will share an "I Spy Background" on their screen. Ask participants to look at the different objects and find an object that corresponds with any of the following questions. Ask the group to share their answers verbally or using the chat box. (1) Find an object that represents your current mood (2) Name an object that represents your personality (3) Find an object that brings you comfort (4) Find an object that reminds you of growing up (5) Find an object that reminds you of your strength	Google search "I-Spy Backgrounds" to find one to fit your needs!	POBS Program Team	5-10 minutes	<a href="#">I spy Backgrounds</a>
Emotions Check In	Icebergs	Youth	Self-reflection, empathy Building	The person leading the session will share an image of an iceberg (partially submerged in water) The person leading may share some facts about icebergs, including the fact that up to 90% is submerged underwater and can't be seen from above. Ask participants to draw their own icebergs and reflect on what icebergs they have discovered since their time apart. (1) What was "sticking above the surface" (2) Upon further exploration what did you discover was under the surface? How did that make you feel? (3) What are you going to do with this new information? Invite participants to share their image				

				<p>and the answers to the prompts above.</p> <p>This activity can be left open to interpretation or more targeting reflection where the person leading uses the iceberg as a metaphor for an existing issue to examine.</p>				
Emotions Check In	Internal weather forecast	All	Self-Reflection, Empathy Building	Invite participants to describe their current "internal weather forecast." Staff member may show images or give participants 6 common forecasts and images to choose from if they feel the prompt is too open ended.	Google search "weather forecast" images	Cap Aguilar from Panorama Education	5-10 minutes	
Community Building	Grid Double High 5	All	Comradery & group bonding	Ask participants to give each other double high-fives! Make sure everyone has their window in gallery view. Everyone will put their arms out to either side and then move as if they are giving a high-five to the people to the left and right of their screen!	None		2 minutes	
Community Building	5 Finger Pair Share	All	Self-Reflection, active listening, empathy building	<p>The person leading the group will brief the participants on a 5 Finger Bio that they will do with a partner, or in a small group. This activity requires vulnerability and self-reflection, it can be effective for the person leading the session to role model these characteristics by sharing their response to the questions. After the briefing split participants up into breakout rooms to discuss the 5 statements about themselves.</p> <p>Thumb- What is a positive thing or person in your life right now?</p> <p>Pointer Finger- What has given you direction during our time away from each other?</p> <p>Middle Finger- What has been the most challenging thing you have dealt with during our time away from each other.</p>	None	Philadelphia Outward Bound Program Team	15-20 minutes	

				<p>Ring Finger- What can you commit to do for yourself this week?</p> <p>Pinky Finger- What is a "small act" or gesture that you received recently, how did it impact you?</p> <p>After 10-20 minutes, invite participants back into the main zoom room and invite a few participants to share 2-3 things they learned about their partner. Ask participants to write the questions down so they can use them as a reference in their discussion.</p>				
Icebreaker	2 Truths and a Wish	All	Self-Reflection, Getting to know you	<p>Ask participants to share 2 truths about themselves and a wish (something they have not done yet, but want to do in their life) with the group. The person speaking will list the three statements. Saying "First thing I want to tell you is...followed by "Second thing I want to tell you is... and so on. Listeners will write down on a piece of paper what number statement they believe was the wish (something they have not done yet, but want to do in their life), and after everyone has guessed, the speaker will reveal which statement was the wish.</p>	None	Philadelphia Outward Bound Program Team	5-10 minutes	
Teambuilding	Xerox	All	Active listening, recognizing different perspectives, self-reflection	<p>The person leading the session will ask all participants to have a pen and 8X11 piece of paper or index card (everyone should have the same size piece of paper) The person leading the activity or a volunteer will describe to the group a particular drawing or image they need to replicate (this image should be fairly simple-- something that is not too challenging to draw in 5 minutes). After 5 minutes the person leading the activity will reveal their image and in turn everyone will share</p>	Pen & Paper	Philadelphia Outward Bound Program Team	10-20 minutes	<a href="#">Drawing Template</a>

				<p>their drawing representing how they interpreted the directions. This can also be done in smaller break out rooms.</p> <p>Potential Discussion Topic for Afterwards: Different people interpret a prompt into different drawings.</p> <p>How do our words impact people differently?</p> <p>How was your perspective different than your peers? What</p> <p>How do we celebrate differences?</p>				
Community Building	6 Month Letters	All	Self-Reflection	<p>The person leading the session will ask participants to write themselves a 6 month letter. You may ask the students to write this letter with no specific prompt or you may provide them a prompt to reflect on, such as "Who and where do you want to be in 6 months" or "What have you learned recently that you want to still be a part of your life in 6 months." Students can write their letters and then hide them somewhere or they can use <a href="https://www.futureme.org/">https://www.futureme.org/</a> to have the letter come directly to them!</p>	Pen and paper	Philadelphia Outward Bound Program Team	15-20 minutes	<a href="#">FutureMe</a>
Community building	New Anthem	All	Self-Reflection, Confidence Building	<p>The person leading the session will ask participants to reflect on and write down the following four statements. "I am...I dream...I hope...I will." When everyone is ready they will make sure their microphone is off of mute. The group will create a "spoken word" one at a time share one of the statements -- somebody will say their statement until everyone has shared all parts of their statements. Consider playing soft background music to help it flow more smoothly and give it the feeling of an anthem.</p>	Pen and paper	Nate Folan	10 minutes	

Community Building	Values Shield	Youth	Self-reflection, communication, assertiveness	The person leading the session will ask participants to get the required materials and prompt participants to design a shield that represents their personal values using words, images, shapes, whatever they would like. Participants may write a list of their personal values (probably no more than 4) to give them some direction in their design. Give 10-15 minutes for shield creation. Participants can then share their shields with the group if they so like, and explain what is on their shield and why that value is important to them.	8 1/2"x11" sheet of paper, pen, pencil, markers, crayons, colored pencils	POBS Program Team	20-30 minutes	
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