

Activity: Fear in a Hat

A good icebreaking activity that sets a good tone for a group. This game takes around 10-12 minutes for a group of 10 people but can be played with a group of any size. This activity allows people to anonymously share fears they have either in general or towards a general topic. This activity is a great ice breaker because it is versatile in it can be used for any topic.

Materials:

- Paper
- Pens
- Hat/Bag/Bowl ect.

Directions:

1. Set appropriate tone and direction of the topic
 - a. Substance use, abuse, ect.
2. Introduce topic of fear: it is normal and natural, a mix of anxieties, worries and fears about what might happen.
 - a. Explain a good way to deal with these fears is have them be openly acknowledged
 - b. Having one's fears expressed and heard almost immediately cuts the in half
3. Ask everyone in the group including the leaders to write a fear of theirs on a piece of paper "the worst thing that could happen would be..."
4. Collect papers in container and mix them up
5. Hand them back out to people
6. Go around the group one by one reading out someone's fears, and explain how they might feel if this happened
 - a. No one is to comment on what is said, just move on to the next person
7. When all fears have been read, discuss what people felt and noticed

This activity is a very useful one as it opens up a lot of emotions and can make people to feel moved by this discussion. This opens a lot of directions of where this group can move and it is another reason this is such a versatile activity, is as it can be used for many topics, it can lead a discussion a lot of different ways. It also can be done at any time in a conversation, at the beginning at any point of the chat, or as a closing going back out to deal with these problems on own in life.

Variations of activity:

- Likes and dislikes about conversation (two separate hats)
- Worries
- Complaints
- Wishes
- Favorite moment (closing)