



Activity: Fear in a Hat

Objective

This activity allows people to anonymously share about their fears in general or towards a specific topic, such as grief or addiction. This activity takes around 10–12 minutes for a group of 10 people but can be played with a group of any size. This activity is a great ice breaker because it is versatile in it can be used for any topic.

Instructions

- Introduce topic of fear: Fear is normal and natural, a mix of anxieties, worries and concerns about what might happen.
- Explain that a good way to deal with these fears is have them be openly acknowledged & heard.
- 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...”
- Collect papers in container or hat and mix them up.
- Hand them back out to people.
- Go around the group one by one reading out someone’s fears, and explain how they might feel if this happened.
- No one is to comment on what is said, just move on to the next person.
- When all fears have been read, discuss what people felt and noticed.



Supplies

- Paper
- Pens or Pencils
- Hat, Bag, or Bowl

Additional Ideas

Some alternative hat topics to consider:

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