

RIGHT PATH MICKEY'S STORY

ICE BREAKERS - CIRCLE UNTANGLE

RIGHT PATH

ICE BREAKERS:

AN ICE BREAKER IS AN ACTIVITY, GAME, OR EVENT THAT IS USED TO WELCOME AND WARM UP THE CONVERSATION AMONG PARTICIPANTS IN A MEETING, TRAINING CLASS, TEAM BUILDING SESSION, OR OTHER EVENT.

ANY EVENT THAT REQUIRES PEOPLE TO COMFORTABLY INTERACT WITH EACH OTHER AND A FACILITATOR IS AN OPPORTUNITY TO USE AN ICE BREAKER.

AN EFFECTIVE ICE BREAKER WILL WARM UP THE CONVERSATION IN YOUR SESSION, REINFORCE THE TOPIC OF THE SESSION, AND ENSURE THAT PARTICIPANTS ENJOY THEIR INTERACTION AND THE SESSION.

WHEN PARTICIPANTS DON'T KNOW EACH OTHER, THE ICE BREAKER WILL HELP THEM INTRODUCE THEMSELVES TO THE OTHER PARTICIPANTS.

RIGHT PATH

ICE BREAKER	RESOURCES NEEDED	INSTRUCTIONS	LINK TO RESOURCE LEARNING AIMS	TIME NEEDED TO COMPLETE ACTIVITY
CIRCLE UNTANGLE	A LARGE SPACE WITH NO OBSTACLES	<ul style="list-style-type: none"> - ASK FOR 1 VOLUNTEER AND ASK THEM TO LEAVE THE SPACE SO THEY CANNOT HEAR OR SEE WHAT IS ABOUT TO HAPPEN. - ASK THE REST OF THE GROUP TO CONNECT TO ONE ANOTHER USING THEIR HANDS TO MAKE A BIG TANGLED MESS. BRIEF THE TANGLED GROUP TO NOT OFFER SUGGESTIONS TO THE INDIVIDUAL VOLUNTEER WHEN THEY TRY TO UNTANGLE THE CIRCLE. - ASK THE VOLUNTEER TO COME BACK AND TO TRY TO UNTANGLE THE KNOT, GIVE THEM A TIME LIMIT OF 3 MINUTES TO TRY TO UNTANGLE THE KNOT AS MUCH AS THEY CAN. - IF THE VOLUNTEER DID NOT MANAGE TO UNTANGLE THE KNOT ASK THE GROUP TO NOW OFFER SUGGESTIONS AND WORK AS A TEAM TO GET UNTANGLED. 	<p>MANY INDIVIDUALS NEED HELP FROM OTHERS TO OVERCOME OBSTACLES OR RESOLVING PROBLEMS. THIS IS ALSO TRUE WHEN LOOKING AT MAKING POSITIVE CHANGES AROUND DRUG OR ALCOHOL USE/ABUSE. FACILITATOR CAN ASK THE GROUP WHO HELPED MICKEY TO MAKE POSITIVE CHANGES? THIS CAN INCLUDE, STEP DAD, RECOVERY AGENCY ETC (THIS ALSO MAKES A GOOD LINK TO ENCOURAGING THOSE WISHING TO MAKE POSITIVE CHANGES TO SEEK HELP FROM TREATMENT AGENCIES, PARENTS, STAFF MEMBERS ETC).</p> <p>UPON SUCCESSFULLY COMPLETING THE EXERCISE, ASK THE VOLUNTEER HOW DIFFICULT IT WAS TO TRY TO UNTANGLE THE CIRCLE WITHOUT HELP.</p> <p>THEN ASK THEM HOW IT WAS WITH HELP.</p> <p>THE REST OF THE GROUP CAN ALSO BE ASKED WHAT IT WAS LIKE TO NOT HELP THE VOLUNTEER.</p>	10-15 MIN

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FACILITATOR NOTES

CIRCLE UNTANGLE

- THIS ICE BREAKER IS SUITABLE FOR LARGE SPACES. THE ACTIVITY CAN ACCOMMODATE BOTH SMALL AND LARGE GROUPS.
- THE TANGLED CIRCLE OF PARTICIPANTS CAN REPRESENT A LIFE WHICH IS BEING AFFECTED NEGATIVELY BY CANNABIS. AS WE SEE IN MICKEY'S STORY, THERE WERE A NUMBER OF DIFFERENT ISSUES THAT MICKEY HAD TO DEAL WITH IN ADDITION TO HIS CANNABIS USE.
- ALLOWING THE VOLUNTEER TO TRY TO UNTANGLE THE CIRCLE WITH NO HELP ILLUSTRATES HOW DIFFICULT IT CAN BE TO DEAL WITH PRESSURES, WORRIES AND NEGATIVE FACTORS IN ONE'S LIFE. IT IS IMPORTANT AFTER THE FIRST ATTEMPT WITH NO HELP THAT DISCUSSIONS ARE HELD TO EXPLORE HOW DIFFICULT IT IS TO UNTANGLE AND RELATE IT TO MICKEY'S STORY.
- UPON ALLOWING THE VOLUNTEER TO UNTANGLE THE CIRCLE WITH HELP, AGAIN DISCUSS HOW MUCH EASIER IT WAS THE SECOND TIME AROUND. ONCE AGAIN LIKEN THIS TO MICKEY'S STORY.
- EXTENSION ACTIVITY: IT MAY BE IF TIME ALLOWS YOUNG PEOPLE COULD BE ENCOURAGED TO TALK FURTHER ABOUT WHERE YOUNG PEOPLE COULD GO TO FOR HELP IF THEY FEEL LIKE THEIR LIFE IS A LITTLE LIKE THE TANGLED CIRCLE.