

Relationship with Self Activity Iceberg

Time: 20 minutes

Materials: White string (to outline the iceberg); a different color string or some other material to mark the sea line; markers for each participant; 8 strips of paper per person.

Directions:

1. At the start of the activity, form an outline of an iceberg on the floor with string. Place the water line across the iceberg at the appropriate place.
2. Ask participants to think of an event in their life where they did not feel welcome, did not feel like they belonged. Ask them to think about what they were feeling at the time....don't rush, give some think time. (Don't ask students to share these aloud. It is the feelings and actions that come from these that are important.)
3. Ask participants to write down 5-10 things they were feeling at that time (on one slip of paper). Primary students could draw a picture of what each feeling looks like instead of writing out the word.
4. Ask them to pick 2 of these feelings, write (or draw) them on separate sheets of paper and place them under the water line. Following an inclusive pedagogy, it is important that students lay down their ideas all at once, without names. Then have one or two students read these feelings aloud. Voicing all of the ideas presented provides an opportunity for further reflection.
5. Then ask them to think about what they did, whether during that time or afterward, as a result of how they were feeling. Give think time.
6. Ask them to write (or draw) 2-3 things they did on slips of paper and place these above the water line. Again, have students lay these down all at once, without any names attached. Have one or two students read all of the contributions aloud.
7. Ask the questions: What do you notice? Did anything surprise you? What did it feel like?
8. Repeat the process, only this time think of an event where you felt welcomed, and that you did belong.

Conclusion: Key points that should have been uncovered: There are many things that we do not know that are just under the surface; our actions often reflect the underlying emotions we are feeling; lack of belonging can have a very negative effect on us; we all want to feel welcomed and that we belong; this is not the experience for everyone.

