

TITLE: Head, Hands & Heart

IMPACT: Identity, ice breaker, sharing

RISK: Low- medium

GROUP SIZE: Any

TIME REQUIRED: 10-15 minutes to prepare chart, 3-5 min. per person to present

DIRECTIONS:

- Give each participant a sheet of paper and a marker(s).
- Ask everyone to represent on their paper their Hands, Head and Heart in any way they want. (As a word, drawing etc.)
- Next to these words, participants should list or illustrate the following: Hands = things they are good at doing (building, gardening, skiing, cooking, cleaning the sink, learning new languages, being organized)
Head = things they know a lot about (art history, hip hop, Thai food, yodeling, hamsters, growing vegetables)
Heart = things they are passionate about (running, family, social justice, ending world hunger, Red Sox)
- Items may appear in multiple headings (I am very good at fishing, I know a lot about fish, and I am passionate about it too).

DISCUSSION: When everyone has finished, let each person have an opportunity to present his/her chart to the group. Allow each person enough time to highlight those things that s/he considers the most important and tell some stories. People can go deeper as time allows.

OPTION: To use this as a way to identify community resources and connections, include a fourth category called "Home" where participants should list important affiliations or connections within the community.

HINT: If space allows, hang the charts up around the room for people to see as they get to know the members of the group.

