

Adapted Activity 6 - Roll the Dice (Catch the Message)

from The Council for Boys and Young Men Activity Guide

Growing Healthy, Going Strong

This Activity was adapted by Brandi VanNorman.



To All Our One Circle Facilitators

With these difficult times, One Circle Foundation wants to acknowledge you for the great work you continue to do with youth.

In an effort to make that a little easier for you, we are beginning to add Adapted Activities from our curricula in order for you to have the ability to hold Girls Circle and Boys Council sessions online with the youth in your programs. As you know, the creative and experiential activities presented in the Activity Guides require individuals to be in a live, in-person circle. We have begun adapting these activities so the youth can participate from the safety of their homes. These adaptations will be posted and made available to you on the One Circle Foundation website “Virtual Solutions” section, for your easy access..

Each adapted activity will note which Activity Guide they were adapted from as well as which session. We include here an outline of the six steps of the Girls Circle Model and the seven steps of The Council for Boys and Young Men Model for you to use as a guide.

PLEASE NOTE: These adaptations do NOT include the full session; only the **ACTIVITY** step is described; however, you will see in the adaptation that there is an overview of the topic and brief discussion to incorporate into your circles. The objectives of the activity align with the original intent of the session.

Girls Circle:

Opening Ritual

Theme Introduction

Check-In

Activity → ADAPTED

Sharing of Activity

Closing Ritual

The Council for Boys and Young Men:

Opening Ritual

Theme Introduction

Warm-Up

Check-in

Activity → ADAPTED

Reflection

Closing Ritual

We welcome your suggestions and feedback as well as learning of any adapted or original activities you are doing online with the youth you serve. In fact, we invite our community members to share these activities with one another in this forum as well.

We at One Circle Foundation are committed to supporting all of you as we find our new normal. Be safe and continue to reach out for support from One Circle Foundation.

Adapted Activity 6 - Roll the Dice (Catch the Message)

from The Council for Boys and Young Men Activity Guide

Growing Healthy, Going Strong

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Topic: Boys and their Emotions.

By working with boys to talk and communicate, boys will build skills in recognizing and expressing a broad range of emotions. Boys will be invited to communicate about common emotional issues with one another.

Objectives:

- To encourage healthy self-expression.
- To facilitate boys' verbal expression of emotion and opinion.
- To provide the boys with a listening challenge.
- To provide empathy and understanding different perspectives.

Key Learning Points:

- To help the boys have a more accepting view of expressing their emotions.
- How to develop empathy through listening to others.
- That other boys have similar emotions and difficulty sharing those emotions.

Materials Needed: Dice - one per participant and facilitator, from each one's home or they can download a free dice from google, or go to Calculator.net:

<https://www.calculator.net/dice-roller.html>

Alternatively, they can make a dice by using an empty box, simply take an empty box and mark the appropriate dots representing numbers 1 - 6.

Procedure to Lead Activities:

(Prior to the day of the Council Meeting email the boys and let them know that for the next Council Group Activity they will need to have one dice, they can find one at home, download one free from google or make one prior to the Council Meeting.)

1. Let the youth know we will be having a discussion today about emotions.

Say: *We all have emotions. There are times when it can be a challenge to express those emotions. Today, we will spend some time talking about expressing emotions and what that means for each of you. We are going to do this through a fun activity.*

2. Explain the instructions for the activity:

- ★ Remind the boys that they will need a dice to participate in the experiential activity. See options and information in the Materials section, above. Give the boys a few minutes to secure a dice.
- ★ To begin the activity the facilitator will assign a number to each of the boys by rolling the facilitator's dice.
- ★ The facilitator begins the activity by rolling the dice to determine who goes first.
- ★ Once determined who answers the first question, that youth rolls their dice to determine who will listen to their response to the question. The youth listening will reflect back to the speaker what the speaker said. The listener will then roll the dice

to determine the next listener and he will answer the next question. This will continue until all questions are answered and reflected back to the speakers. The facilitator will type the questions one at a time in the chat box until all questions are asked.

The facilitator will type in the following questions in the chat box one at a time:

- *If you could choose any feeling to feel at least once every day, what would that be and why?*
- *If you could choose any feeling to have complete control over in yourself, what would it be?*
- *What is something that scared you when you were 6 or 7 years old but doesn't scare you anymore?*
- *What is one characteristic or quality about your personality that you are proud of?*
- *Name five ways people express their enthusiasm.*
- *How do you let people know to leave you alone?*
- *What do you feel when a friend moves away or changes schools?*
- *How do you feel when a friend invites you to join in a game or activity?*
- *When do you feel anger?*
- *Tell me about a time when you handled your anger in a decent way?*
- *Are there some feelings you can express more easily to boys than girls? More to girls than boys? Are there some feelings you can express more easily to some kids of any gender more than other kids?*

Thank the boys for taking some risks and participating in the activity.

Sharing of Activity:

As the facilitator let the boys know you are going to ask them a few questions and invite them to share their feelings by raising their hand - either in the chat box, or actually, physically, raising their hand..

- What was it like to be asked these questions? *Invite participants to share their thoughts.*
- How was it to answer them? *Invite participants to share their thoughts.*
- How was it to reflect back to your partner his answers? *Invite participants to share their thoughts.*
- How did it feel to have your answers reflected back to you? *Invite participants to share their thoughts.*

Reflection Questions:

How similar or different were your answers? *Invite participants to share their thoughts.*

What feelings are harder to express? *Invite participants to share their thoughts.*

Are there some feelings that are more ok than others for boys to have? *Invite participants to share their thoughts.*

Application Question:

We've talked about many normal feelings that every boy has. Who is someone in your life that you would be willing to talk to when you are having some important feelings inside?

