

Reflections and Connections Activity for ACHIEVE Coalition

Supplies Needed: Yarn (qty 3, 1 for each circle), Facilitator (1 for each circle)

Time Needed: Approximately 35 minutes

Instructions: Team members stand in a circle of up to 15. *You may want to create 2 or more circles if you have a large group*

Each person shares one “reflection” or “connection” made over the focus period.

A reflection is a memory, idea or event that took place during the progress period. Your facilitator will start as he/she/they are holding the yarn ball. As they share one connection or reflection they will pass the ball to someone that was involved, influenced or witnessed the connection while keeping the first end of the yarn in their grasp.

If there is no person in the circle connected to the mentioned connection or reflection, the speaker will pass the yarn ball to someone who is not yet holding a piece of yarn (or holding the fewest pieces of yarn) while keeping a piece of yarn in their grasp.

Continue sharing reflections and connections for up to 25 minutes or until everyone has shared. Facilitators can jog memories by making suggestions of connections they have witnessed or offering other topics and examples.

Next ask team members to share a connection they would like to make in the future using the same methodology until all team members have shared.

Each person in the circle will hopefully be holding a piece of yarn creating an intricate web across the circle in a physical manifestation of the connections made throughout the progress period.

This activity can also be done as an icebreaker using topics like ‘places you’ve traveled’.

