



Feb 11th, 12:10 PM - 12:15 PM

CIP Student Introductions

CIP Students

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Library Messages of Peace Event
With Hamilton Middle School
February 2021

Instructions for CIP Scholars

For your part of this event, you will facilitate 3 brief activities -- an ice-breaker, a free-writing activity, and a mind map brainstorming session -- with a small group of Hamilton Middle School students online via Zoom. You will be paired with 4-6 middle school students in a breakout room. In this breakout room, you will lead the ice-breaker, free-writing activity, and mind map brainstorming session.

- *Ice-breakers* are methods of introducing participants to an activity and making them comfortable to share ideas amidst a larger group.
- *Free-writing* is an activity that helps writers get their ideas flowing with a writing prompt. You jot down anything that comes to mind for a specific amount of time (e.g., 10 minutes). You write without stopping, following the impulses of your mind and allowing thoughts and inspiration to appear to you without premeditation.
- *Brainstorming* is a pre-writing technique to help generate creative ideas, and one effective form of brainstorming is mind mapping. A mind map is a visual representation of your ideas, consisting of connected words, phrases, and even images.

Please check out these short YouTube videos to learn more:

- Free-writing: <https://youtu.be/l9mf35JKETI> & <https://youtu.be/Gu3naVytyJQ>
- Mind Mapping: <https://www.youtube.com/watch?v=xCyjFipyRE>
- Brainstorming for Success: <https://www.youtube.com/watch?v=BplrTV-Zhdl>

Part 1: Introduce Yourself (1 minute)

Take a moment to greet your group. Hopefully these students will become future Pacific Tigers, so take some time to introduce yourself, including your major and class standing (e.g., sophomore, junior).

Please note: The students will be nervous and cautious around a new person, so don't expect lots of engagement. Your friendliness and sincere engagement will be helpful.

Part 2: Ice Breaker Activity (4 minutes)

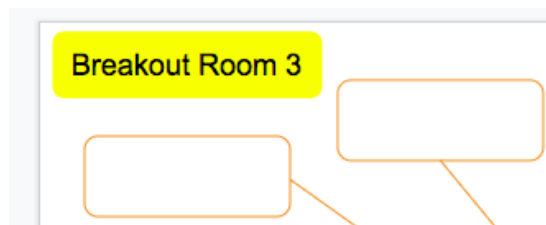
Allow students to spend 30 seconds finding an item that makes them feel good and call on students to share their item with the group. What is the item? Why does the item make them happy? What is the importance of the item?

Part 3: Free-Writing Activity (6 minutes)

1. Let the students know that they will be doing an individual brainstorming activity called “free-writing” to think about the concept of “positive attitude.” In general, having a positive attitude means being optimistic about situations, interactions, and people (including yourself), and remaining hopeful even in difficult situations. [spend 30 seconds on this definition]
2. Briefly describe the concept and importance of free-writing [spend 30 seconds on this description]:
 - Free-writing is the act of writing freely
 - The purpose of this brainstorming activity is to get your thoughts on the page and unlock memories and ideas in your mind.
3. Provide the following instructions to explain how the free-writing activity will work [spend 2 minutes on these instructions]:
 - Grab a piece of paper and a pen or pencil.
 - I will set a timer for 3 minutes.
 - Respond to the following prompt: “Describe a time in your life when you had a positive attitude toward someone or something.” Jot down whatever comes to mind without judgement.
 - If you’re struggling to describe a time when you had a positive attitude, feel free to write about optimism -- the life skill concept you’ve been focusing on this month. You could write about a time in your life when you felt optimistic about the future, hopeful that something will change, or confident that you made a difference, such as helping a friend or volunteering in your community.
 - Don’t stress -- just write
 - Don’t worry about the final product -- it’s okay if your writing is messy. Don’t worry about grammar, punctuation, or spelling
 - Keep the pen or pencil moving no matter what, even if you write, “I have no idea what to write next” or “I don’t have any more ideas.” Just keep writing. Write down everything that comes to your mind. Let your thoughts and ideas flow -- don’t censor them.
 - Also, as you’re writing, don’t look back at what you’ve written.
 - I will let you know when time is up.
4. Set a timer for 3 minutes, and when the timer goes off, gently tell the students that it’s time to put their pens/pencils down

Part 4: Mind-mapping Activity (13 minutes)

1. Describe the activity to your group of students. Let them know that you all will be doing a group brainstorming activity called “mind mapping” to continue thinking about the concept of “positive attitude.” The goal is to help the students generate ideas about positive attitudes to prepare them for writing their Message of Peace later in the spring.
2. Open the Google Slideshow titled, “[Messages of Peace 2021 - Mind Maps](#)” and select the slide that corresponds with your breakout room number.



3. Share your screen with the students so that everyone can see the mind map template:



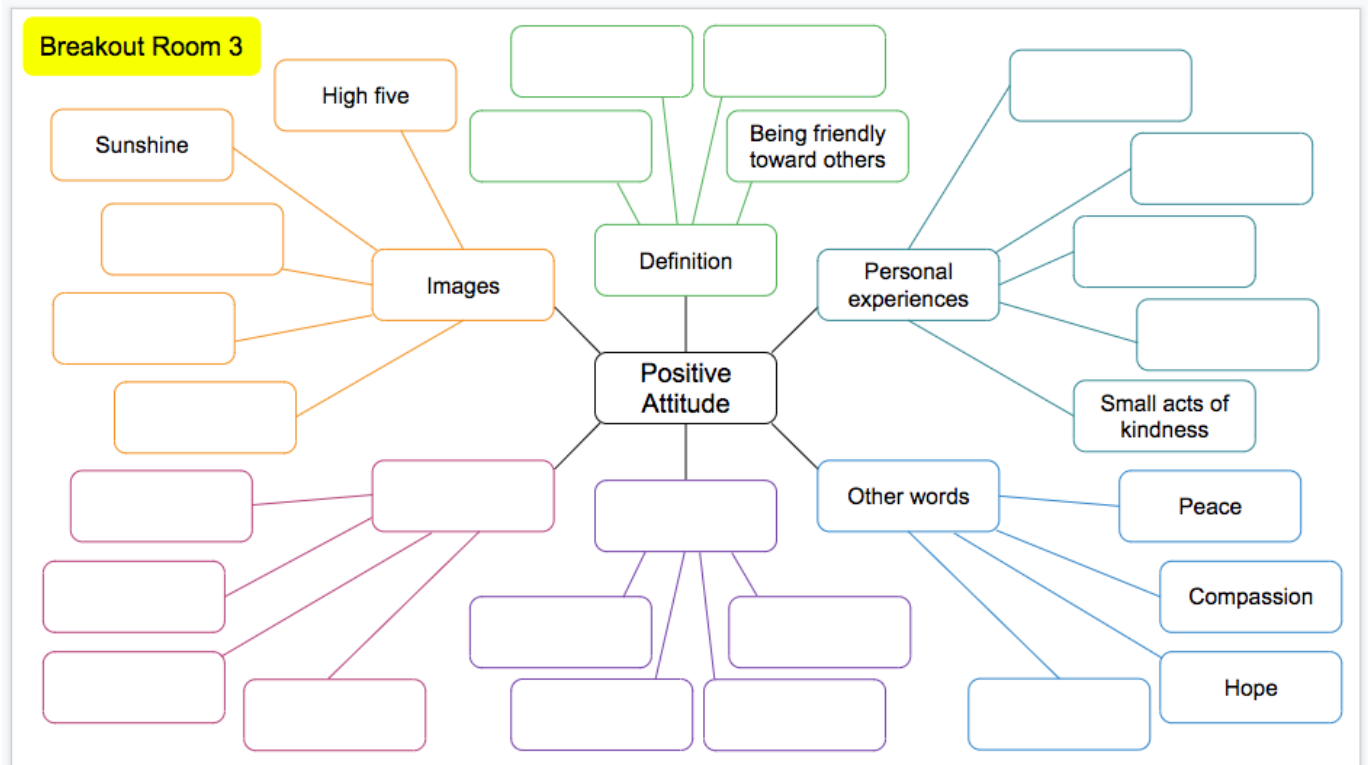
5. Use the questions below to start creating the mind map. Feel free to add your own questions and go with whatever direction your group takes. You don't have to use every question listed here. As the facilitator, your job is to ask questions, guide discussion, call upon students if/when they raise their hands, and document their ideas by typing their words and phrases into the mind map. If students get stuck, encourage them to revisit the content they generated during the free-writing activity.

Sample questions:

- In one sentence, how would you define a positive attitude?
- What other words do you think of when you think of “positive attitude”?
- What feelings do you associate with positivity?
- What images or visual pictures do you associate with positive attitudes?
 - If you had to draw a picture to illustrate a positive attitude, what would that picture look like?
 - If positivity was an animal, what would it be?
 - If positivity was a household item, what would it be?
 - If positivity was a person, what would she or he look like?

- What do you think is the opposite of a positive attitude?
- Why is a positive attitude important in our lives?

Sample mind map in progress:



6. You must go back to the main room at 12:40pm, so start wrapping up a minute or so before then. Summarize some of the main takeaways or themes in your mind map and thank them for participating. :)