

Reflection, *Spin It!*

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SUMMARY:	Participants will challenge their first impression and assumptions they we make of themselves and each other. - <i>Submitted by Tomer Moked</i>
TOPICS:	Communication Skills, Community Building, Identity, Inclusion- Special Needs, Leadership Development, Writing
LEARNING OBJECTIVE:	First imression can be very misleading. Participants will learn how wrong we can be judging others
AUDIENCE:	14 and up, Staff
LENGTH:	20-30 Minutes
MATERIALS:	A pen for each participant A blank paper for each participant Mirrors (can be small ones, or on the walls) Sound system (Optional)
SETTING:	Large room with Mirrors

Session Description:

Warm up: (7 min)

Reflection #1 - Participants will stare at their reflection in the mirror for a 3 min without talking at all.

Activity 1 - My reflection (10 min)

Participants will get 3 min to write something on a private piece of paper starting with the sentence: **“When I look inside myself I see...”** facilitator can play soft music at the background.

Motivate participants to keep moving the pen, and not to stop writing anything that comes up to mind.

Activity 2 - Image of Us (13 min)

Facilitator will ask participants to pair up with someone they know nothing about, as random as possible.

Ask each participant to write down on a piece of paper anything that comes to mind about the person standing in front of them **WITHOUT SAYING A WORD TO THEM:**

Examples (please try to make more)

- What are their hobbies?
- How many siblings do they have?
- How old are they?
- What are they going to be when they will grow up?
- Future profession?
- Favorite movie/food/TV Show?

Allow the participants share what they thought of each other. Ask them to sum how many right answers they got.

Discussion (5 min)

Ask the group:

- What was this program about?
- How did you feel looking at yourself at the mirror?
- What did you learn from the second exercise?
- What do you take from this program?

Additional Notes for Bringing it Back to Camp:

If you have more time you can lead a discussion after the exercises about "**Ve'Ahavta Lereacha Kamocho**" Love Your Neighbor As Yourself.