Ice breaker- Describe you

@YOUTHCYMRU_REACHOUT

REACH OUT 2.0
making connections that count

To start, have the participants think about the identifying words below. Using the first letter of their preferred name, have them think about what word(s) best describe their feelings about themselves today and why this is. Check whether they are happy to share that word out loud with the group or write it down and show others.

Some words (identifying or describing words) to get particpants started could be:

- Willing
- Helpful
- Intelligent
- Strong
- Rare
- Friendly
- Lucky
- Realistic
- Anxious
- Curious
- Secret
- Extreme
- Loud

- Impossible
- Typical
- Relevant
- Dangerous
- Unusual
- Impressive
- Asleep
- Embarrassed
- Lonely
- Mad
- Empty
- Silly
- Pretend

- Existing
- Famous
- Hungry
- Boring
- Alive

An example would be "Dangerous Dan" – because I often do not think of the consequences.

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