

## Tumbling Dice

### **TARGET GROUPS**

Awareness and Interaction, Orientation and Interaction, Remotivation, Socialization, Incentives and Motivation, Esteem-Builders

### **PURPOSE**

This lesson plan serves a dual purpose. It can be utilized in almost any group session as an ice breaker or main exercise. It is applicable to lower and higher functioning participants. It is a good warm-up activity, and it also promotes esteem building, interaction, memory/recall skills and reminiscence.

### **SET-UP/MATERIALS NEEDED**

A set of dice, preferably a large version, and a table are needed for this lesson plan.

### **GROUP OPENING**

The group leader begins the session by welcoming the group members and explaining that one of the primary purposes of the session is to meet one another and become comfortable in the group. The leader should show the group the dice and explain the exercise. Each participant will be given an opportunity to roll the dice and then will be asked to tell the group as many non-threatening facts about him or herself as the numbers on the dice. For example, if the dice show the combined numbers "1" and "2" the participant will be asked to reveal three facts ("My name is Mary. I was born in Los Angeles, California and my favorite color is purple."). With the pair of dice the number may be quite high, so the leader may elect to use only one die. It is often helpful if the leader rolls first and shares a bit of information about him/herself.

### **MAIN BODY**

Each participant should be given a turn to roll the dice and share the appropriate number of facts about him or herself. The leader should promote interaction by suggesting that group members ask each other questions. Questions might include:

### **MAIN BODY (continued)**

*Where were your parents born? (What country?)*

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*What type of work did your parents do?*

*Do you have brothers and sisters?*

*Who was your best friend when you were growing up?*

*Did you live in a city or in the country?*

*What are some of your memories of school?*

*Did you ever get into trouble when you were a child? What happened?*

*What was your first job?*

*Did you serve in the military?*

*Did you marry? Tell us about your family...*

*What are you really good at? What is your special expertise?*

*What is your favorite hobby?*

- ◆ **Variation:** The person rolling the dice would be asked to tell the group about as many achievements as called for by the numbers on the dice.

## CLOSING

Thank the group for sharing information about themselves. The leader should comment on how each person has a wealth of knowledge and experience to contribute to the fellowship of the group. Thank the participants for making the session so successful.