

Snowball Swap

This activity is useful for expressing thoughts and feelings in an anonymous way, and creating a reflective group discussion.

What to do:

1. Sitting in a circle, each person needs a piece of paper and a pen.
2. Ask the group to write an answer down privately on their piece of paper in response to a question about how they are feeling at the moment or a thought that is bugging them. For example:
What is something that is frustrating you?
What is something that would help your schoolwork improve?
Describe one behaviour that you would like to change for yourself or class.
Describe something you are excited about.
3. Everyone then scrunches up their piece of paper, turning it into a snowball.
4. The group can then toss the snowballs in the air and between each other and across the room {not aiming to hit anybody} for about 30 seconds, by which time each person should have a new snowball. Alternatively, simply collect all the snowballs in a container.
5. Go around the group and ask each person to read out the response on their new snowball, inviting the group to reflect on and discuss each response. Alternatively, each person selects a snowball from the container to read out.



This activity can also be used as a debrief strategy to encourage feedback and discussion about how well a class or team completed a task. For example: What was a strength of the team? How could the group get better at...? Describe a behaviour that you think is not beneficial for the class?

This activity was sourced from Mark Collard's excellent website www.playmeo.com which has many great group games and activities.