

FOCUS concept
Tell your truth

INTRODUCTION

POSSIBLE ACTIVITIES: Attached

POSSIBLE RESOURCES:

Wai Maunga Tapu
Test your personality(Di)
Extract from Burt Monro about the old guy
Chapter from Boy
Voices of Gallipoli
The Seahorse and the Reef
John Kirwan
Open extracts
Tomorrow and Tomorrow
My Pay Packet

Plus
Longer resources
The great Gatenby
Stand by Me

JOURNAL WRITING
SEE DISCUSSION STARTERS

Recognizing Feelings and Needs

Purpose

To practice understanding and communicating your true feelings and needs.

tell your

TRUTH

Prep Steps

- 1 Butcher/flipchart paper or cards and markers.
- Make posters or cards using words that describe uncomfortable/difficult feelings or universal needs to use in step 3. (See sidebar for options.)

Alternatives

- 1 Use the feelings and needs lists to address a specific issue or situation.
- R Modify the format to be a partner share or an individual writing activity.

Feelings	Needs	
Apathetic	acknowledgment	Shower
Embarrassed	appraisal	Travel
Lonely	Attention	Home
Angry	Autonomy	Information
Awful	Balance	Independence
Scared	Belonging	Learn
Lonely	Security	Learning
Vulnerable	Trust	To Matter
Scared	Need	Understanding
In Pain	Sleep	Friendship
Sleeping		
Tired		
Indivious		

More examples at the Center for Workplace Assessment, www.workplaceassessment.com

ACTIVITY

Instructions

●●OPENING●●

- 1 **Share purpose.** In order to Tell Your Truth, first you must become aware of your feelings and the situations that trigger them. Then you can look at what you are needing that might be causing those feelings.
- 2 **Share difficult situations and feelings.** Think of a time recently when something happened that made you feel uncomfortable or triggered difficult feelings. Maybe you even acted out disrespectfully toward yourself or others as a result. Look at the feelings listed (on the posters or cards). Go around the circle and share:
 - What was the situation? (Pause between prompts to allow time to share. You may have to repeat questions for first few participants. Alternatively, write and display questions.)
 - What word best describes how you felt?
 - What did you do? Did how you reacted make things better or worse for you?
- 3 **Share needs.** Often when we're feeling uncomfortable feelings, it's because we are not getting something we need. Look at the needs listed (on the posters or cards). Go around the circle and share:
 - What do you think you needed in the situation you described earlier?
 - What is a way you can meet your need today? Or what will you request of someone else to help meet your needs?
- 4 **Debrief.** Articulating our feelings and needs takes practice—and it's part of telling your truth. What is a way you can take care of yourself in the future when difficult feelings are triggered? Who will share? (Get at least three examples.) Before we meet again, practice noticing and naming your feelings and needs. Then report back to our circle what you noticed and if you saw any changes in yourself as a result. ●TIP!● Make sure to check in with them about their practice if you add this accountability.

●●CLOSING●●

Tell Your Truth



Purpose: To practice telling your truth in a variety of ways.

Partner Activity: Is It True?

1. Find a partner. [Let participants pick partners.] Pick a Person A and Person B. For this first round, Person B will go first.

2. Person B. Write down three things about yourself to share with Person A. Make two of them the truth and one of them a lie. When you're done writing, share them with Person A. Person A, it's your job to figure out which one is the lie. Go!

3. Debrief. Who correctly identified the thing that wasn't true? Who learned something new about your partner?

4. Person A. Now Person A, it's your turn. Write down three things about yourself to share with Person B. Make two of them the truth and one of them a lie. When you're done writing, share them with Person B. Person B, it's your job to figure out which one is the lie. Go!

5. Debrief. Who correctly identified the thing that wasn't true? Who learned something new about your partner? What is it like sharing the truth vs. a lie?

Group Activity: Four Corners

1. Introduce the activity. For this game, I will call out different categories. Each corner will represent one of them. You will go to the corner that most closely matches your favorite.

2. Movies. For round one, pick your favorite movie type.

- Corner 1: Dramas/Thrillers
- Corner 2: Comedies
- Corner 3: Documentaries/Biographies
- Corner 4: Sci-Fi/Fantasy

3. Share. Once you have found your corner, share with at least one other person your favorite movie and why it's your favorite. [After a few minutes, pause the sharing to call out Round 2.]

4. Dessert. For round two, pick your favorite dessert.

- Corner 1: Anything Chocolate
- Corner 2: Fruit
- Corner 3: Pie
- Corner 4: Ice Cream

5. Share. Share with at least one other person your specific favorite dessert and who you think makes the best version of it. [After a few minutes, pause the sharing to call out Round 3.]

6. Holidays. For round three, pick your favorite holiday.



- Corner 1: Winter Break (Christmas, Hanukkah, Kwanza, New Year's)
- Corner 2: Halloween
- Corner 3: Thanksgiving
- Corner 4: Summer Break!

7. Share. Share with at least one other person your favorite thing to do on your favorite holiday.

Note: You can add additional rounds based on topics you design. Continue additional rounds as time allows, ensuring that each round includes sharing about their choice.

8. Debrief. What did you learn from this activity?

Discussion Questions

Here are some additional discussion questions you can use with a  or  to explore and practice Tell Your Truth:

- What is an extremely difficult experience you have come through stronger? What happened?
 - What are tough circumstances in your life that you've had to accept and work past to achieve your goals?
 - What are ways you sometimes act phony? When and why do you do it?
 - What secrets do you keep that hold you back in life?
 - What are you most afraid of?
 - When you feel alone, what do you do?
 - What makes it feel safe for you to be honest?
 - What makes you feel powerful?
 - What are ways you're different from your friends and family?
 - What was the last thing you lied about?
 - If you were to write a novel, what would it be about?
 - If you had your own TV network, what kinds of stories would you tell?
 - What happens when you Tell Your Truth?
 - Based on what we discussed, what's one way you are going to practice Tell Your Truth?
- **TIP!** ● See card #59 for additional engaging discussion questions.

ACTIVITY

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