



Icebreaker: Pows and Wows

Materials: None

Grade Range: 6-8

Time: 5 - 10 minutes

** Consider using the hand raise/thumbs up feature of your virtual platform to assist with determining who will answer **

Synopsis: Students will take a few minutes to think through their day and how they feel it has gone by sharing their happy and not-so-happy happenings. This is a great way to connect on a bit of a deeper level and to be able to have classmates and mentors offer encouragement and understanding where needed. It's also a way to encourage group sharing.

Instructions:

1. Introduce the activity to the students. Explain that they are to take about 2 minutes to think of one 'Pow' (something kinda yucky or bad) that happened that day and one 'Wow' (something awesome, happy, or exciting!) that happened that day. Have a mentor in your group demonstrate: "My name is Kate and my 'Pow' was that my kids ate the last cupcake that I really really wanted! My 'Wow' was that I was able to talk to a really good friend for a while today!"
2. Give the students about 2-3 minutes to think about what they want to share
3. When they are ready, begin to solicit volunteers, having a mentor go first.
4. Share until everyone has gone, or conversation begins to slow