

## "ICE BREAKER" SHIELD INTERVENTION

Sue Sobel at Liberty High School

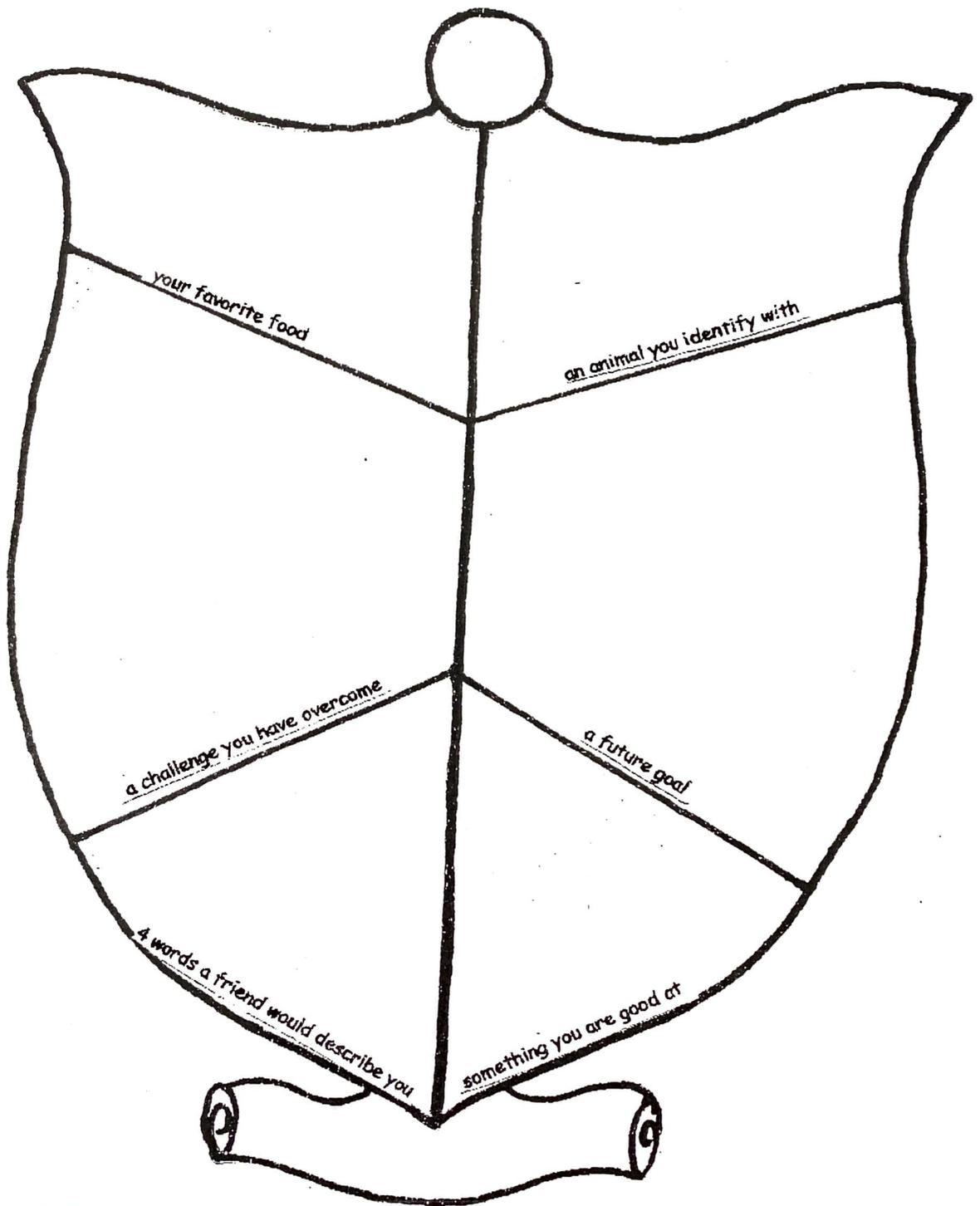
I use this activity with my drug education class the first day of class. It is an easy way to get to know the students and for them to meet each other.

First, I pre-draw a heraldic shield with 6 sections and photo copy it and give each student a copy. Also there is a place at the bottom of the shield in a fancy scroll for their name. The 6 sections are pre-labeled. In each section of the shield the student will draw:

- your favorite food
- an animal you identify with
- a challenge you have overcome
- a future goal
- 4 words a friend would describe you
- something you are good at

I ask them to draw the best they can and only use words in the section that says "4 words....", they can color in with colored pencils and if there is time, they can decorate the outside of their shield.

To process the information we "circle up" (sharing in a circle is something that we do frequently at Liberty High School and is the culture of the school). The circle ritual is to state your name, and say your emotion and on a scale of 1 - 10 where you are with that emotion. Then the student shares their shield with the members of the group. The students use good "attending skills", listening and making eye contact, and save any remarks for the end of circle (which we call "saving it for the sake of the circle.") Students clap when the person has finished speaking. After everyone has shared their shield, they can ask each other questions or make comments. Then the circle "is closed."



decorate the outside of the shield

your name