

# Breakthrough FACILITATION



## MEANINGFUL OBJECT

|             |                                                            |
|-------------|------------------------------------------------------------|
| Type:       | Activity                                                   |
| Topics:     | Engagement Ice-breakers Connection Warm-up Breakout Groups |
| Duration:   | 6-10 minutes                                               |
| Group Size: | All                                                        |
| Method:     | Online                                                     |

## Description

Meaningful object is an activity that helps to break the ice and build connection in a fun and easy way. It gives your group members a low-risk way of sharing something about themselves. It works well at the beginning of a group process as a first breakout activity.

## How to Play

1. Introduce the activity by saying “we are going to start with a connection activity called meaningful object.”
2. Let people know that you will put them in breakout groups with a partner to share an object that has some special meaning for them. Remind them that it doesn’t have to be the most meaningful object, and not to overthink what they choose. It could be a photo, a stuffed animal, a book. Give examples of things that your group members are likely to have nearby.
3. Give them a minute to find an object in their room.
4. When everyone is back let them know that they will be in breakout groups of 2 for 6 minutes. Each person will have 3 minutes to share their object and what it means to them.
5. Copy and paste the instructions in the chat

Meaningful Object

✅ Breakout groups of 2 ✅ 6 mins total - 3 mins each ✅ Share your object and what it means to you

1. Remind them that there will be someone in the main room if they need to come back for any reason.
2. Ask if there are any questions.
3. Open the rooms.
4. Send a broadcast message at 3 mins that it's time to switch partners.
5. Send a broadcast message at 1 min or 30 seconds to go.
6. Close the breakout rooms.
7. Bring people back to the main room.
8. Ask people to share their meaningful objects in the chat if they want to.

### **Facilitator Tips**

- Remember that for some participants sharing something meaningful may feel like a big risk. Reassure your group that there is no right or wrong object - and that it can be anything.
- If some participants are audio only ask them to describe the object to their partner.
- If it is the first breakout group of your session, I'd recommend starting in pairs. You can also do Meaningful Object in groups of 3 or 4. More than that it gets a bit long and you lose the connection with a smaller group.

I first learned this activity from Partners for Youth Empowerment.