

*Navigating the
Seas of
Negativity*



2020 State Conference

Mountain View High School

In this workshop delegates will learn how to be *the icebreakers of negativity* and explore positivity in all its forms.

Presenter Info:

Nick Smith

Insta/Snap:nsmith

Email: nsmith@gmail.com

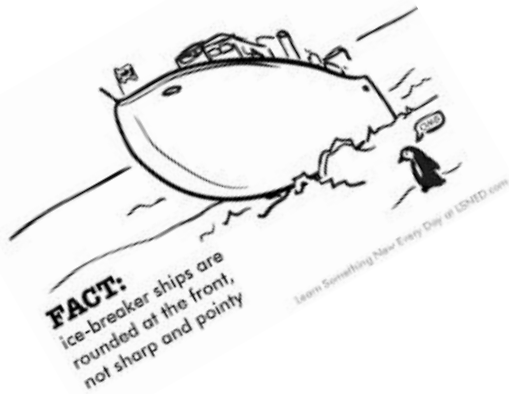
Mountain View School District

11749 State Route 106

Kingsley, PA 18826

Icebreaker

Who are you???



First, you will receive a blank piece of paper. Each delegate will write or draw a short description of themselves. We will then crumble the papers into balls and throw them onto the table. After that, we will then go one by one and unfold the papers and try to figure out based on the short description of themselves whose paper it is.

Activity 1

The Negative Side



For this activity delegates will put the words “**BAD DAY**” on a piece of blank paper. Then we will go around the room and give examples of what could or has happened on a bad day. For everything that is called out that has happened to the delegate on a bad day they will rip a piece off their paper. At the end the delegates and the presenter will go over how the paper looks and how that relates to real life.

ACTIVITY 2

Positivity Pass

For this activity the delegates will receive a piece of paper, on that paper you will write your name but nothing else. You will then sit in a circle in the room and pass your paper to the person next to you. They will then write something positive on that paper about the person you got that paper from then continue to pass the paper to the next person.

ACTIVITY 3

GOOD DAY, BAD DAY

For this activity the delegates will team up with people they do not know and brainstorm ideas of what keeps them positive or keeps them going during a bad day. (You can write your ideas on the space provided). We will then come together as a group and write down on a list of all the ideas that delegates came up with on the board.

Evaluation Sheet

How would you rate this workshop?

1 2 3 4 5

What did you like most?

What did you like the least?

What would you change about this workshop?
