**Creating Culture Through Change   
FRPA 2023  
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Collier County Parks and Recreation**

1. **Positive Affirmations Card**
   * Supplies needed: 3x5” Index Cards, Pens and or Markers
   * Each person writes their name on the center of the card.
   * Pass the card to the person to their right. That person writes one positive word to describe the person whose name is on the card.
   * Continue passing the card around the room until every person has written something on each card.
   * Once the card returns to the original owner allow time for them to reach each word.
   * Ask them to pull this card out when they are having a bad day to remind them how amazing their peers think they are
2. **Team Art Class**
   * Supplies needed: 1 piece of white 8.5/11” paper per group, markers
   * Instruct the group that they are going to make a picture together.
   * Each person will have 30 seconds to draw one thing, then they will pass the paper to the next person for their turn. Repeat until everyone has contributed. Depending on time you may be about to allow multiple turns. They are not allowed to discuss what they are drawing or plan to draw.
   * Debrief on how the picture turned out. Discuss how it felt to be the first person or last to draw. How did their thought process change as each item was drawn? How would the drawing have changed if they could talk? Their work is just like the picture. Each person contributes and we have to work together create a finished product.
3. **Two Truths and a Lie**
   * Ask everyone to think of two unique facts about themselves that are true and one that is false. Give them 1 min. think. Go around the room and have each person say their three “fact” the rest of the group has to guess which one is false. If you have a large group you may want to split into small groups to save time.
4. **Rock, Paper, Scissors Tournament**
   * Just like the old playground game! Each person competes against a partner.
   * Rock-hold hand in a fist, smashes scissors but is covered by paper
   * Paper- hand is flat with palm down, covers rock but is cut by paper
   * Scissors-sideways peace sign, cuts paper cuts paper, but is crushed by rock
   * Each set of partners competes saying Rock, Paper, Scissors, Shoot. On shoot each person chooses rock, paper or scissors. The best two out of three wins. The loser then becomes the cheer leader for the winner and they look for another winner to compete against. The contest keeps going until there are only two winners left to compete for the Overall Champion.
   * Debrief asking the winner how it felt to have an entire cheering section? Ask someone who lost how it felt to become a cheerleader after they lost. How does this apply to our day to day lives at work?
5. **People to People**
   * The facilitator says a body part and then each person must find a partner and stand with that body part touching, for example knee to knee. The facilitator then gives a topic that the partners must discuss, for example if the topic was describe your first car, each person would have 30 seconds to tell their partner about their car while standing knee to knee. At the end of the min. the facilitator says a new body part and each person much find a new partner.
6. **Super Hero Accessory Commercial** 
   * Supplies needed: compile a box of random items such as feathers, pipe cleaners, tape, paper clips, popsicle sticks, tape, pool noodles etc.
   * Divide your large group into smaller groups of 4-6 people.
   * Give them 10 min to create an accessory that can be used by super heroes to enhance their powers.
   * They also must create a commercial during this time explaining why someone would want to but their product. Each team member must participate and say at least one line.
   * The commercial can be no longer than 1.5 min.