

# Pits and Peaks

<b>Time Needed:</b>	10 minutes
<b>Objectives:</b>	Students build relationships and empathy by taking turns sharing two things happening in their life
<b>Materials:</b>	N/A
<b>Links/Resources</b>	N/A

## Activity Description

- *This activity can be used as a stand alone to check-in with your students or used as a connection activity before you begin teaching or answering questions via Google Hangout or another online video chat*
- *Begin inviting your students to the video chat and having everyone seated comfortably*
- *Before sharing begins, guide everyone with a few deep breaths to get settled (Hoberman's sphere **\*\*optional\*\***)*
- *Share with group that everyone will:*
  - *Have an opportunity to share a "pit" (something negative) and "peak" something positive that happened to them over the summer (or about being away from school, or happening in their personal life currently \*teachers can choose theme or leave it open\*)*
- *The group will take turns sharing their pit and peak voluntarily or in a direction of teachers choice*
- *Make sure to give the participants an opportunity to pass if they aren't feeling comfortable*

**\*before sharing begins, remind group about**

- **Safety in the room: confidentiality, volume in the room, calm energy and what respectful listening looks like while others are sharing something personally, even if being shared remotely**

## Questions for Reflection

1. What does it feel like to hear others pits?
2. Did you learn anything new about someone?

