

## **Sentence Stems Activity**

*Have participants form groups of 5-6 and sit in a circle facing each other. The facilitator will read guiding prompts from the list of sentence stems below, and participants will take turns individually answering each question and going in a circle so that all participants answer each sentence stem round.*

Right now, I'm feeling...

The reason I'm here is...

I'm happiest when...

When I'm in a new group, I...

What I'd like us to create together is...

The emotion I find most difficult to control is...

When I think about the future, I see myself...

I feel that I belong when...

When I'm feeling anxious, I usually...

I regret...

What I'd like you to know about me is...

Right now, I'm willing to be...

My community is...

One of the deepest insights I've ever had is...

One of the ways I underestimate myself is...

What I'm appreciating about you now is...

I feel connected to others when...

One of the greatest compliments I've ever received is...

In approximately three words, my philosophy of life is...

What I've learned from you is...

It takes a village to...

What I want to say before we end is...