



# FIRST DAY

## *Purpose & Focus*

Allows the participants to think about change and growth and the factors that influence that change. Helps everyone express mixed feelings that usually come with major changes in life. The purpose of sharing feelings openly is to help build trusting relationships and relate to one another with more compassion.

## *Participants*

Any number of participants.

## *Time Allotment*

15 - 30 Minutes

## *Activity Level*

Low

## *Materials*

- Paper
- Markers, Colored Pencils, or Pens

## *Method*

- Distribute one folded sheet of paper to each participant and allow everyone to use markers, pens or pencils.
- Have each participant write on the top of the first side of the paper "How I felt the first day I came here". Now using words, symbols or pictures have each participant show how he/she felt when they first came to TJJD.
- Have participants turn their paper over and write "How I feel today". Again using words, symbols or pictures have each participant show how he/she feels today.

## *Discussion*

- What is different today from the first day?
- What is better? What is not better?
- What do you think caused that change?
- Allow each participant to freely discuss his/her thoughts about what they wrote or drew.