

# Take What You Need

*(Adapted program, full program can be found in the Inspire manual)*

This program is intended for group facilitation. We recommend you use a platform where everyone can be seen—Zoom is a great and free option. There may be others out there too, so use what you feel most confident in facilitating from.

The key below will help you understand the different text styles:

Content (this is what should be shared with the group. You can read it straight from here or put it into your own words)

**Questions for participation** (if the text is highlighted, then these are questions you should ask to your Sisters)

*Notes for facilitator* (if the text is in italics, then those are notes for you as the facilitator. This text should not be read aloud to participants)

*Introduce yourself and welcome Sisters to the program.*

Okay Sisters, I need you to look in your house and go grab some pairs of socks. Grab as many as you think you'll need for this activity.

*Do this without disclosing what the items will be used for. If Sisters ask, reiterate that they should simply grab as many as they think they'll need.*

## ACTIVITY

Once all Sisters have returned with their socks, ask Sisters to count how many individual socks they have.

**Who thinks they grabbed the most socks?**

*Take the time to determine.*

**Who thinks they took the least?**

*Take the time to determine.*

Great! Well, now that you have your socks, each of you will share one fact about yourself for every individual sock you have. So, if you grabbed five pairs of socks, you'll need to share ten facts about yourself! I'll give you a minute or two to brainstorm! Allow time to pass.

**Okay, do we have a Sister who would like to start us off? Thank you \_\_\_\_.**

## DEBRIEF

*Once every Sister has shared all of their facts, bring the group back together for a few debrief thoughts and questions.*

**Does anyone want to share any thoughts or observations about the activity?**

**How did it feel to share your facts with the group?**

Thank you all for participating in this activity and for sharing some fun facts about yourselves!