



RecipeCards

A Project of the Jeffco Student Health Advisory Council

EVERYTHING HAS A STORY

An activity to learn something new about yourself and others.

Time
10-20 Minutes

Group Size
25 Students

Materials
None

INSTRUCTIONS

1. Sit in a Circle.
2. Teacher starts by picking random object in the classroom (i.e. board, desk, chair, pencil).
3. Student to the right tells of a problem they've had with that object or a one-sentence story involving them and the object.
4. Continue around the circle.

DISCUSSION QUESTIONS

- What did you hear that surprised you the most?
- Was it hard for you to share?
- Did you like sharing?