

Objective

Allows students to physically draw out the major moments in their lives and will them to reflect on who they are as a person

Risk Level: Beginner

Cautions: None

Description: Students will complete and share the Crucibles handout, which signifies events in their lives that have had an impact on why they are, how they act, their values, and how they put their values into action.

SCM: **Change**, Consciousness of Self, Congruence

Time: 20 Minutes

Materials: Crucible Activity Sheet, blank sheet of paper printed for each student participating, writing utensils/markers

Preparation: Review of the activity and materials gathered

Follow Up: Facilitate the following questions:

The definition of a crucible is a vessel made of material that does not melt easily and is used for high temperature chemical reactions to change the contents. Why would we refer to these significant life moments as crucibles?
What about these events make them a significant part of who you are today?

Instructions

1. The students will be given the explanation of how to make a crucible and what it is from the instructor (see attachment on page 2) and the instructor will create a sample one on a board to demonstrate
2. Students will be given blank sheets of paper and be told to create their own crucible to signify changes and events within their own lives
3. Students will be split into groups of 4-5 and will be told to share their crucibles within their small group
4. Students will then be asked if they want to share with the group at large
5. Students will be debriefed with the included discussion questions.

Notes:

CRUCIBLE ACTIVITY

What makes this event a crucible?	How does this crucible influence how you act?
<p style="text-align: center;"><u>Crucible</u></p> <p style="text-align: center;">Place your significant moment here.</p>	
What value(s) does this crucible reinforce?	How have you put this value into action recently?

Crucibles

Moments of significance in our lives that impact who and what we are.

Sometimes crucibles are easily defined; sometimes hidden in memory.

What are your crucibles?

To identify your personal crucibles, reflect on the significant moments of your life thus far – use last week’s personal map to help you identify these moments.

What impact has this crucible had? How has it shaped your values and actions? How does this influence the choices you make?

To the left are several empty crucible cubes. Let the questions in the cubes lead your thought process during the exercise.

