AIDS Fundamentals IEG Week 3 Lesson Plan 1: Icebreakers

OBJECTIVE: To begin the process of building discussion groups around peer-to-peer interaction, as emotional issues may be more easily discussed with peers.

GOALS:
1. To review the IEG syllabus and explain the format of the IEGs. Be sure to emphasize that the IEGs are mandatory and that attendance will be taken during the first 10 minutes of each meeting. (10 minutes)
2. To introduce yourself (and for your co-facilitator to introduce him/herself).
3. For group members to meet each other.
4. To begin building trust and unity among the group through whatever level of disclosure each individual is comfortable with.
5. To begin thinking about AIDS in a manner that is interactive and fun, yet thoughtful as well.

ACTIVITIES:
* Ask students to complete the Icebreaker Questionnaire. Facilitators may want to give their answers first, then either call on people or bring something like a Koosh ball or stuffed animal to throw to people so they’ll have to speak. (15 minutes)

* Engage the group in a second icebreaker. This may include any of the following, or another exercise that you and your co-facilitator have agreed upon in your planning meeting. (15 minutes)
  - Students sit in a circle; someone begins by saying “I’ve never...” (Adding a phrase that describes something that they’ve never done, such as “I’ve never been sky diving.”) Everyone who has done that thing has to stand up. Going around the circle, everyone takes a turn saying “I’ve never...”
  - Have each student introduce him/herself and describe their most interesting moment, favorite fantasy, best/worst date, most embarrassing moment, etc.
  - Play the Name Game: Students should say their names, adding on a person, character, animal, or vegetable at the end of their name (e.g., Michelle-mouse). Go around in a circle so that all students have to say each other’s names with the new addition (e.g., Susan-snake, Terry-turnip, Nathan-nurse).

* Break into smaller groups of 2-3 students & have them discuss what they think about HIV/AIDS. Specifically, do they know anyone who is affected by the disease? What have they heard about it? Is it something that they talk about with their friends? Does it seem like something that could happen to them? Are they afraid of catching HIV? Etc... You may write some of these questions on the board, or go around to the different groups and get conversation started. Allow time to have each group share one or two of the things they talked about with the larger group. (20 minutes)

WRAP UP: Summarize common themes and observations that you’ve made. Commend them on their sharing. Let them know that they seem like a great group and that you’re looking forward to working with them. Answer any questions. (10 minutes)

JOURNAL/ FREE-WRITE TOPIC: What do you hope to gain from this course?
* Encourage students to incorporate both goals for themselves, but also questions, fears, concerns, etc. (10 minutes)