

What's Your Ride? Activity

Goal:

A fun and creative group activity for envisioning your journey to reaching your goal(s).

Activity Description:

1. **Participants break into groups of 4 to 7 people.** The larger the groups, the more time should be allotted for their work. Each group receives a sheet of newsprint and set of color markers. If you're meeting virtually, you can use a shared whiteboard on Zoom, Google Jamboard, MS Paint, etc.).
2. **Tell participants to imagine and define a future where they have reached their goal.** For example, "We formed a local peer support group and the attendees feel the group is inclusive, supportive and restorative."
3. **Ask participants to "design their ride" to this ideal future.** Draw or brainstorm a real trip or ride as a metaphor to help describe your team's path to reaching your goal(s). To get them thinking, ask open-ended questions like:
 - What vehicle will carry you on your ride? What vehicle represents your team?
 - Who built the vehicle? What is it made from? What reinforces it and makes it safe? (For example, our train is reinforced with steel which represents shared accountability.)
 - Who is navigating or driving?
 - What lights your way or guides you along your ride? (For example, collaboration and authenticity)
 - What potholes or obstacles will your ride encounter? How will your ride overcome or avoid them?
 - Who is watching your ride go by?
4. **After about 20-minutes of drawing and brainstorming, ask each group to share and discuss their ride with the full group!**

