

activities

TAKE OUR **daughters**
and **sons** TO WORK[®] DAY

Activity Icebreakers

Take Our Daughters And Sons To Work® Day

Official Program Activities

Since the inception of Take Our Daughters And Sons To Work® Day in 2003, the Ms. Foundation for Women has created nearly 20 official program activities that are designed to give voice to girls' and boys' aspirations, and substance to their vision for successfully integrating work and family. The eight activities created for 2005 not only provide girls and boys the opportunity to share their vision for their future lives and discuss their perspectives on work and family, but also take them a step further, helping them explore what it means to be successful and happy at school, work, and home, identify some of the care givers in their lives, and recognize common stereotypes about women's and men's roles both on and off the job. Below are three new icebreakers created for the program. Additional activities can be found in the revised *Bright Ideas Guide* located in the merchandise section of the Web site.

Icebreaker Activity Overview

MOVING QUESTIONS

Participants take turns answering questions about their interests outside of school and work as they move from place to place in concentric circles.

UP/DOWN: WHAT WE HAVE IN COMMON

As participants stand up in response to verbal cues, they get the opportunity to see how much they have in common—in ways they never likely would've guessed!

20TH-YEAR TAKE OUR DAUGHTERS AND SONS TO WORK® REUNION

At the start of this imaginative getting-to-know-you activity, participants introduce themselves by describing favorite school subjects and things they currently care about. Then they dream 20 years into their futures, fill out a short questionnaire about their future work and home lives, and pretend to meet up at a "20th-Year Take Our Daughters And Sons To Work® Reunion."

MOVING QUESTIONS

Time: 15-30 minutes

Objective

In this "getting-to-know-you" activity, participants learn about the richness of each other's lives and interests outside of school and work.

Materials and Preparation

– None

Procedure

- **Note to facilitators:** Both adults and children participate.
- You need an even number of people to play. Group size of 8-14 works well.

- Introduce yourself and welcome the participants. Everyone count off by 2s. Ask the 1s to form an inner circle, the 2s an outer circle. Each person stands across from someone in the other circle.
- Ask facing pairs to introduce themselves by name and age. Then pose a question to the group and allow pairs 1-2 minutes to take turns answering. At the completion of a question, ask everyone in the inner circle to shift one place to the left. New pairs introduce themselves. Pose another question, and continue the process.

Possible Questions:

1. What's been a highlight of your week at school or at work? Why is this a highlight?
2. What is something you're really looking forward to doing soon—outside of school or work? How do you plan to do it?
3. What do you want to be when you grow up and why?
4. Who is a person who's made a difference in your life? How have they made a difference?
5. What's a way you make a difference in someone's life?
6. What's one of your favorite places to be, and why?
7. If you won two free tickets, what would you like them to be for?
8. What is a gift you would like to find waiting at home for you today? Why?
9. In a room full of parents, what advice would you most like to give them? Why?
10. Describe one of your most prized possessions. Why is this important to you?

UP/DOWN: WHAT WE HAVE IN COMMON

Time: 5-10 minutes

Objective

This fun icebreaker allows participants to see how much they have in common—in ways they likely never would've guessed!

Materials and Preparation

- None

Procedure

- Kids and adults all participate in this activity.
- Start with everyone sitting down in one large circle and explain the directions:

I'm going to read a list of statements. If the statement is true for you, stand up—and take a look around at everyone else standing. You share something in common! There's no need to sit back down between statements. Remain standing and listen to the next statement. If it holds true for you, remain standing; if not, sit down.

- Read the statements loudly and clearly so everyone can hear. After each statement, encourage everyone who's standing to take a look around and see who they share something in common with.

Stand up if...

1. You play the violin
 2. You play the piano
 3. You've ever played the kazoo
 4. You can talk on the phone for as long as you want on a school or work night
 5. You're an only child
 6. You have a child who's under age 10
 7. You have a sister or brother
 8. You have a relative who is disabled
 9. You enjoy spending time with a grandparent
 10. You're fluent in a language other than English
 11. You write in a journal
 12. You're a vegetarian
 13. You've ever fallen out of a tree
 14. You've read all 5 Harry Potter books
 15. You like math
 16. You hate math
 17. You have teenage children
 18. You've ever owned a snake
 19. You help out with chores at home
 20. You know a good joke
- Ask anyone standing if they'd like to share their joke with the group. One caveat: it needs to be appropriate for the work setting.

20TH-YEAR TAKE OUR DAUGHTERS AND SONS TO WORK® REUNION

Time: 60 minutes

Objective

Participants introduce themselves by describing favorite school subjects and things they care about right now. They then dream 20 years into their futures, fill out a short questionnaire about their future work and home lives, and pretend to meet up at a "20th-Year Take Our Daughters And Sons To Work® Reunion."

Preparation and Materials

- Photocopy one "Your Future You" questionnaire for each participant (adults included)
- Have blank name tags on hand for all participants
- Provide refreshments for the reunion

Procedure

- Note to facilitators: Invite both kids and adults to participate. If you do this activity before lunch, bill lunch as a celebratory "Take Our Daughters And Sons To Work® Reunion luncheon."
- Participants join in groups of 8-12 and sit in a circle. Introduce the activity:

Who are you today? How do you like to spend your time? What are your main interests? What do you care most about in the world? Will you be the same person twenty years from now, in the year 2025? Let's learn a little bit about who we are today—and then take some time to dream into our futures!

- Go around the circle three times. Each time, each person takes a turn to complete a different sentence/idea:

1. I'm really excited about...
2. My favorite subject in school is...
3. I care a lot about...

- **Facilitation note:** If anyone doesn't feel like talking, they can "pass." If anyone can't come up with an answer, invite them to say whatever's on their mind that they'd like to tell the group. You can also pose another, more general question; e.g., "On a scale of 1-10, how is your week going?" 1=awful, 10=awesome.

- Hand out one "Your Future You" questionnaire to each participant and introduce the second part of the activity:

What a pleasure getting to know you and learning about what you care about today! Thank you for your honesty and enthusiasm.

Now I'd like you to dream into your future—into the year 2025, twenty years from today. How old will you be in 20 years? What will excite you in 20 years? Will you be working? Will you have a family? What will the "future you" care most about?

- Allow participants time to fill out questionnaires. Circulate, answer questions and help out as needed.
- After everyone has completed the questionnaire, ask each participant to create a name tag for the "20th-Year Take Our Daughters And Sons To Work® Reunion":

Let's imagine that we're all meeting up for a Take Our Daughters And Sons To Work® Reunion. We haven't seen one another for 20 years! We're so excited to learn what everyone has been up to. We all look very different: we've grown so tall and our looks have matured. We need to wear name tags to identify ourselves.

- Hand out blank name tags. Ask participants to write their first names and, underneath, write or draw descriptions of some key aspects of their future families or careers. Offer a few examples (you can draw up a few mock name tags beforehand to display):

Sabrina - Horse Trainer
in Lexington, Kentucky

Henry - Father of 3
Little League coach, Architect in Boston

Cecily - Biology Professor at UCLA
Strict and happy mom

- Everyone wears their "Future Me" name tag. Go around again, this time asking everyone to speak in the role of their future selves. Assume the role of the "Reunion host" and prompt participants as though you are, in fact, meeting up with this group 20 years from now:

"Marina, how great to see you again. You were so articulate as a girl! Tell us a little about what you're up to these days, in the year 2025..."

- **Facilitation Note:** Encourage kids to speak in the present tense; they can read from their questionnaires if desired or needed.
- If kids are hesitant to speak up, kick off this new round of introductions yourself. Be sure to speak in the present tense, e.g.: "How great to see you all again, after so much time. The last time I saw you was way back in 2005 on Take Our Daughters And Sons To Work® day! I'm 60 years old now and I recently retired from my job. I've decided to explore the country on my motorcycle; in fact, I just got back from an amazing trip through the South. When I'm not on the road, I spend my time taking care of my elderly parents who live down the street. I also love to tend my vegetable garden, and I volunteer at a local

animal rescue shelter on Tuesdays. What's your life like now, Lilly?"

- Provide refreshments, and invite kids to mingle as if at an actual reunion.

"Your Future You" Questionnaire

Imagine that you can travel through time into the future! It is 2025, twenty years from today. My, how you've grown! Take a few minutes to imagine and answer some questions about your "future you."

1. How old are you in 2025?

2. What year did you graduate from high school?

3. Where do you live?

4. Describe your work. Where do you work and what do you do during the day?
Why did you choose this profession?

5. What's your favorite part of your job, and why?

6. What are 2 important or interesting things you do outside of work?

7. Describe your family:

8. If you're a parent, what are you most proud of as a parent, and why?

9. What is something you really like to do with your family, and why?

10. Is there anything else important that you'd like us to know about your "future you"?

"Your Future You"

Imagine that you can travel through time into the future! It is 2025, twenty years from today. My, how you've grown! Take a few minutes to imagine and answer some questions about "your future you."

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