



JRPO Day Activities 2022

Activity #1

Category: Informal Activities to encourage conversation

Format: In Person or virtual

Themes: Informal networking and relationship building

Description:

Use these questions and prompts to encourage relationship building and for teams to bond with each other.

Prompt Questions:

- Are there any projects you are working on that you're particularly excited about?
- What was the first album you ever owned?
- Podcast or book recommendation(s)?
- Favorite thing you binged during the "pandemic"? Something new you tried/learned about yourself during this pandemic?
- What ignites you daily?

Activity #2: Stand Up-Sit Down

Category: Connective Activity

Themes:

- Warm up and encourage people to engage in the community.
- Get a sense of who is in the room

Format: In person or Virtual

In an in-person setting everyone stands up and sits down and in a virtual format you can have people raise their hand

Description: People stand up or sit down based on their answers to these prompts. When you stand up take a minute and look around the room, make eye contact with someone you do not know and during the rest of the afternoon, find a moment to connect with them and begin the relationship building.

Prompt Examples: Use prompts that fit your meeting or activity

- Stand up if this is your first JPRO day
- Stand up if you started work during the pandemic
- Stand up if you work in programming
- Stand up if you work are in operations/finance/administrator

- Stand up if you work in a synagogue
- Stand up if you have already met someone new today?
- Stand up if you learned something new in the last 7 days (call out a few)
- Stand up if you made a major life change during the pandemic (call out)
- Stand up if you consider yourself a leader

Activity #3: Speed Networking

Category: Relationship Building and Collaboration

Themes:

- Cross community connection and building relationships among people that don't often connect with each other.
- Facilitate relationship building skills

Format: In person or virtual. In a virtual environment you will assign the partners at random and put them into breakout rooms for a set amount of time.

Description:

Participants find a partner that they want to connect with. The facilitator will ask a prompt question and participants will answer each question with their partner. After each question the facilitator can debrief with the second set of questions. Then the participants will switch partners. You also can debrief the entire activity with the longer debrief questions below. Give participants 3-5 mins per question and 3 minutes for the debrief after each question. This activity can be longer if you would like to extend the time for the questions and debrief.

Example Prompt Questions:

- What makes your soul sing?
 - Raise your hand if you walked more than 10 feet
 - Raise your hand if you are speaking to someone you never met before
 - With your partners permission who heard something that spoke to them
- How do you manage your email inbox or to do list? When you are talking to this person ask them how long they have been a Jewish Communal professional
 - Great tips and tricks (What were you like WOW I need to do that)
 - Who had the biggest gap in your years of service
- What is the most rewarding part of your job?
 - Raise your hand if you exchanged contact info with the person you spoke with
 - Please share what makes your job rewarding
- The best leadership advice you ever received.
- Do you think of yourself as a troublemaker or a smoother over in your organization?
- Something that saved you time in the last 3 months

Longer Debrief

- What aspects were easy? What aspects were hard?
- Were you engaged in listening to your partner or engaged in looking around the room? What brought your attention away from either of those things?

- Did you have perceptions of your partner before you began your conversation?
- How did you overcome any obstacles that might have presented themselves during your conversation?
- Did this activity deepen your relationships with others?

Activity #4: I am from...

Category: Deeper relationship building

Format: In person or Virtual

Themes:

- Courageous conversation and be vulnerable with each other
- Build cross community relationships

Description:

Participants are divided into small groups. Each group will write the phrase I am from... at the top of their paper and have 5 mins to complete their writing prompt. The facilitator should demonstrate with the attached document how to do the activity. Playing music and creating an introspective environment works well with this activity.

After the 5 mins, participants will be asked to share with each other. Participants can choose to play, pass or pause. Play meaning they will share, pass meaning they will not share and pause meaning they will share but not right away.

Debrief

- What was hard or easy about that activity?
- Were you able to bring your whole self to the activity?
- What feelings awoke in you while doing this activity?

Activity #5: Raising and Lowering Our Voices: Stepping Up and Back with Humility

Category: Active Listening and Awareness of Self

Format: In person

Themes:

- Hear all the voices/opinions/ideas of group members.
- Use music to open pathways to listening.
- Make space for all the voices in the group.
- Notice one your own voice, as well as one another's voices, their place in the group and how they choose to be part of the community.

Description:

Explain to participants that we will sing a nigun – a wordless melody - for the next few minutes Before you start singing the nigun the facilitator will invite people to sing with a full voice, sing with one another (harmonize), and to occasionally refrain from singing for parts. Individual participants choose when they do each one of these.

Debrief:

- Were you aware of your own voice? What did it feel like to sing loudly vs softly or not at all. What was easiest for you, and what was a stretch?
- Were you aware of others' voices? What did you notice?
- Did you sometimes feel like you needed to step up and sing more? Or did you feel like you needed to sometimes step back and make space to hear other voices?

This is a good activity to do in a meeting when you feel like people need to listen better to each other and for the introverts to learn when to insert themselves and when perhaps the extroverts need to notice they may be speaking too much and may need to make space for others to be heard.

Activity #6: Thumbball throwing Activity – We are using 3 balls: Be a Leadership, What makes you, you?, Be Happy at work

Category: Connective Activity

Themes: Active Listening and Relationship Building

Description:

The **Thumbball** gets participants to begin sharing anecdotes about themselves and sharing their leadership style. Players share their reaction to whatever prompt lies beneath their thumb.

Be flexible, expect to adapt your use of this tool to the needs and experience of your group. Some may be able to give quick or pat answers to a prompt; others might want to take some time to discuss or brainstorm best practices; still others might benefit from delving into a conversation about the implied leadership quality in order to discuss why it's important. If a player finds a prompt particularly difficult, invite them to take a PASS, ASK A FRIEND, or request a DISCUSSION about why it matters or throw the ball up again to select a different questions.

Options:

- Discuss similarities or differences in replies.
- Have everyone respond to the same prompt.
- Discuss the long-term implications of various actions.

Adapted from: https://trainerswarehouse.com/games-for-learners/conversation-starters/silver-series-thumbballs/be-a-leader-thumbball/?gclid=Cj0KCQjwxIOXBhCrARIsAL1QFCZ5gMn4xNOci9l_3oQ4DV0dWBrvQRfNs7jRN11jQeZNO3YeZCbtaPoaAhU7EALw_wcB

Resources for connection:

<https://weand.me/>

Books on Team building activities and leadership games: [Top 11 Team Building and Leadership Activity Books for Leadership Trainers - Paradigm Shift \(paradigmshiftleadership.com\)](#)

[Play On Purpose](#)