

# Debriefing Guide

The goal is to integrate the experience from our activities with skills and concepts that can be applied to real-life scenarios and challenges.

## ***Overview:***

- ❖ For each programming session, provide an opportunity for students to connect the day's activities with the theme of the week
- ❖ Facilitate discussion so participants can learn about individual behaviors, group dynamics, personal beliefs, etc.
- ❖ Create goals and action plans to enact positive change in themselves and in their communities
- ❖ Engage students in an ongoing dialogue with themselves and their peers



# Debriefing

## **1. Experience**

Playing the game  
Creating the craft  
Reading the book

## **2. Share: what happened?**

What stood out to you?  
What did you find challenging?  
How did you feel?

## **3. Process: what's important?**

How does that connect to the theme?

## **5. Apply: now what?**

Where and how could we use this skill?  
If we played again, would you do something differently?

## **4. Generalize: so what?**

Did this remind you of a past experience? How did your past experience affect how you played the game?



# A few tips...

- ❖ Ask **open-ended questions** and model **active listening**. Understand that people like to learn in different ways.
- ❖ Create a **safe space** by setting clear rules and expectations for group discussions. Offer **encouragement**, praise, and recognition for desired behavior.

- ❖ **Communication** is less about *what* you say, and more about *how* you say it. Be mindful of your **tone** and your **body language**.
- ❖ Keep the conversation **focused**. Some tangents might need to be tabled, but always make sure to provide a **conclusion** to your debrief.
- ❖ Adapt to **group dynamics**. Pay attention to **moods**, reactions, and engagement.

