

Activity & Icebreaker Pack

Rotating quarterly sets: run the set for the current quarter so repeat cohorts and re-certifying participants never see the same exercise twice in a year.

ICEBREAKER — THE LAST-CALL LEDGER

Everyone privately writes two lines: the last crisis call that stayed with them, and the moment it got hard. No sharing, no discussion — fold it into the workbook. You will reference it during S ('what was your state on that call?') and again at the capstone. The room learns the day is about their real calls, not hypotheticals, without anyone being exposed.

SIGNATURE EXERCISE — THE FIVE-MOVE WALK

The spine of the session, run at the capstone: each participant takes one real call and walks it through all five STAND moves in sequence, out loud, to a partner. Speaking it matters — writing lets people polish; speaking exposes where the framework hasn't landed.

- Pairs. Speaker runs the call move by move; partner tracks with the Peer Feedback Form.
- Partner may ask exactly one question per move, starting with 'what' or 'how' — never 'why'.
- Swap roles. Then both complete the commitment page in file 04.
- Facilitator floats and coaches the move, not the story: 'Where was the reconnect plan?' beats 'What happened next?'

Q1 ROTATION — TONE UNDER LOAD

Pairs, 15 minutes. One scenario card per pair, responder + actor.

- Responder runs the contact normally for 2 minutes.
- Facilitator calls 'load' — the actor escalates volume and pace.
- Responder must consciously drop pace and volume while keeping the thread. 2 more minutes.
- Debrief in pairs: what did the tone shift do, and what did it cost the responder to hold it?

DEBRIEF

Ask the actors, not the responders: 'What did their voice tell you their plan was?' Actors always know.

Q2 ROTATION — THE INTERROGATION TAX

Triads, 15 minutes. Responder, actor, counter.

- Responder must assess safety, medical, substances, and risk in 5 minutes of conversation.
- The counter tallies: questions asked vs. reflections offered.
- Round two with a new actor: same assessment, but at least one reflection before every question.
- Compare what the actor disclosed in each round.

DEBRIEF

The tally is the teaching: rooms discover that round two gets more assessment data with fewer questions.

Q3 ROTATION — THE 2 A.M. MAP

Full room at the whiteboard, 20 minutes.

- Column one: every option available for a crisis call at 2 p.m. on a Wednesday.
- Column two: the same list at 2 a.m. on a Sunday. Watch it shrink.
- Circle what remains. Star what exists but nobody in the room has actually used.
- Each participant transfers the real map — and one gap — into their Call Flow Planner.

DEBRIEF

End on ownership: every starred item gets a volunteer who will use it once this quarter and report back.

Q4 ROTATION — CLOSE IT TWICE

Pairs, 15 minutes. Uses any scenario card's final two minutes.

- Responder closes the call badly on purpose: vague next steps, no reconnect, rushed exit.
- Actor says out loud what they'd do an hour after that close.
- Same responder closes it again properly: next step, reconnect plan, dignity intact.
- Actor narrates their next hour again. Compare.

DEBRIEF

The actor's two 'next hours' are the entire argument for D. Let them make it.

IF THE ROOM IS SMALL (UNDER 6 PEOPLE)

Under six participants, drop triads: run every exercise as pairs with the facilitator as floating actor, and run the 2 A.M. Map as a table conversation. Do not skip the Five-Move Walk — in a small room, do it twice per person.