

High Risk, Low Risk

"High Risk, Low Risk" is a trust activity for the classroom setting.

Equipment

A set of Risk Cards. You can make your own. Samples can be found on pages 120 - 122 in *Journey Toward the Caring Classroom* by Laurie Frank. A set of Risk Cards should have some cards that are low risk and some cards that are high risk. Low risk cards may have things on them such as "shake hands with each person in the class," or "tell the class something good that happened to you this week." High risk cards may have things on them such as "do a one-minute dance." Color code the cards (i.e.: high risk cards are red, low risk cards are green).

I have added a set of risk cards to the end of this document which you may print out and use.

Set up

In a clear area of the room have students sit in a circle. Place a pile of low risk cards and a pile of high risk cards in the center of the circle.

Procedure

Choose one person to begin. That person is to go to the center of the circle and pick a card off the top of either pile and read it to him/herself. If the person decides to take the risk (*Challenge by Choice*) he/she then reads the card out loud to the group and then does the thing on the card. The card is placed at the bottom of the pile and the next person in the circle takes a turn. If the person decides not to take the risk, he/she may put the card back and choose another card. He/she may choose to take that risk or not. If he/she chooses not to take that second risk, his/her turn is over.

RISK CARDS

NOTES:

I like to print the cards on cardstock so that it is easier for students to handle and more durable. I also recommend printing the low risk cards one color and the high risk cards a different color so that it is easy to tell them apart.

Be sure to look through the cards with your group in mind before doing the activity. You may wish to remove some cards from the deck that may not be appropriate for your particular group.

LOW RISK CARDS

<p>Tell a school appropriate joke</p>	<p>Give a one minute speech on "How my school could be better."</p>	<p>Shake hands with everyone in the group.</p>
<p>What would you do if someone accidentally kicked you really hard?</p>	<p>Tell about something nice you have done for someone recently.</p>	<p>Tell about something nice someone has done for you lately.</p>
<p>Tell the group three things that make you mad.</p>	<p>Describe something someone told you that you are good at.</p>	<p>Describe something you have done that made someone feel good.</p>

LOW RISK CARDS

Tell the class about your favorite movie or TV show.

Hum a tune.

Name something that you think should be taught in school that is not being taught now.

If someone gave you \$1000 no strings attached, what would you do with it?

Tell about a time you were bored.

Describe something good that happened to you this week.

Name two things you would like school staff to do that they don't do now.

Talk about something you really like to do and try to convince others to try it.

Do a muscle pose.

Tell what one thing you spend the most time doing.

Tell the group what is the best way for you to communicate with others.

Tell the group what is the best way for others to communicate with you.

Tell the group if you are an extrovert or an introvert and how you know this.

If you could be anyone else for a day, who would you be, and why?

Tell about a tradition in your family.

HIGH RISK CARDS

Talk about a scary time for you.

Tell the group at least two things that you are good at.

Tell the teacher one thing you like about his/her teaching and one thing he/she could do better.

Say something nice about four people in the group.

Tell the group something about you that no one here knows about.

Stare into one other person's eyes for one minute,

Sing a song for the group.

Do a one minute dance for the group.

Describe an event that was very difficult for you.

Tell about someone you trust and explain why you trust him or her.

What do you need in order to be the best student you can be?

Rate yourself as a student from 1 to 10 and explain your rating.

What do you do when you know you are entering a situation where there will be conflict?

Name a behavior that you have that is unproductive.

