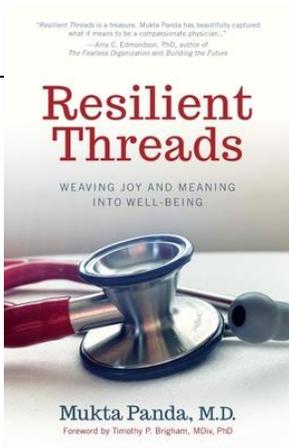


Explore “Resilient Threads” in an Hour

Purpose: Books are often a great resource to share with your work team or any group. But it can be challenging to find time to read amidst your busy schedule. This group protocol offers a strategy to explore new content where time is limited but there is a desire to learn and grow. Try this “Say Something” activity* with a group. Let us know how it goes!

Step #1: Prepare	Find someone in the room that you haven’t connected with during this convening. Introduce yourself and greet them warmly. You’ve now found your partner for this activity.
Step #2 Preview (5 minutes)	<ul style="list-style-type: none"> Peruse the Table of Contents, chapter headings, the Notes. Flip through the pages. What catches your attention? What might you want to dive into and start reading?
Step #3 Dive In (15 minutes)	Choose wherever you want to start reading. Dive in and read until the time goes off. If you own the book (ideally), mark it up to your heart’s content.
Step #4 Say Something (10 minutes)	<p>When the facilitator pauses your reading time, SAY SOMETHING with your partner about what you’ve read so far. Share the time equally. Possible prompts (or share whatever comes up):</p> <ul style="list-style-type: none"> Something that resonates with me from the reading is... Something that challenges my perspective is... Something I’d like your opinion about is... I appreciated...
Step #5 Dive In (10 minutes)	Pick up where you left off! Sink in and read until the timer goes off.
Step #6 Say Something (10 minutes)	<p>When the facilitator pauses your reading time, SAY SOMETHING with your partner about what you’ve read so far. Share the time equally. Consider the prompts above.</p>
Step #7 Debrief (5 minutes)	<ul style="list-style-type: none"> What about this process seems doable with your group – to use again, to try elsewhere? What about this process seems challenging?
Step #8 Large Group Share (5-10 minutes)	As the facilitator invites everyone’s attention back to the entire group, select a thought about this book, the activity, or a quote or sentence from the book to share.



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If you try this activity with books from Creative Courage Press authors, let us know how it goes! CreativeCouragePress.com. This “Say Something Strategy” is adapted from CASEL, the Collaborative for Academic Social Emotional Learning, although the original source is unknown. www.CASEL.org