



**Check In:** Share a favourite childhood game.

**Game:** Break the Code

*Instructions for play: Pen and Paper needed for each Participant. Each participant thinks of three numbers that mean something and relates to them e.g. a birthday, anniversary, number of children, pets, address, favourite number etc. In pairs participants try to crack the number code to see how that number relates to that person. NB only share numbers you are happy to share with a partner and keep them fairly easy to guess as time is limited.*

*Purpose is to connect with other participants, establish commonalities and learn about each other*

**Question for discussion:** How do you build Social Capital within your friendships and colleagues – is there a difference?

*Five-minute discussion with a partner, followed by a sequential circle to explore the various ways in which the group builds relationships.*

**Reflective Question:** When considering the Social Discipline Window have you experienced a time when someone has done something TO or FOR you? What happened, what did you think and how did you feel?

*Five-minute discussion with a partner, followed by a sequential circle to hear the groups experiences.*

**Check Out:** Something you are taking away from today and something you’d like to explore further.

*Facilitator may want to write these down for future discussions and actions to be taken.*

“Nobody can actually feel another’s pain or grief, another’s love or joy or hunger. And similarly, nobody can experience another’s understanding of a given event or situation” ***Aldous Huxley***

Check in