

SIGNATURE PRACTICES

BIG THOUGHT'S SIGNATURE PRACTICES
ARE TOOLS FOR **ENGAGEMENT** THAT CAN
BE USED IN MULTIPLE SPACES.



BIG THOUGHT
Institute
YOUR PARTNER IN LEARNING



WARM WELCOME

WARM WELCOMES ARE DONE AT THE
START OF THE DAY OR SESSION TO
CREATE COMMUNITY AND A WARM
+ ATMOSPHERE TO ENHANCE
RELATIONSHIPS AND BELONGING.





WARM WELCOME

QUESTION OF THE DAY

INCLUDING A QUESTION OF THE DAY AS
A **WARM WELCOME** GETS YOUR AUDIENCE
THINKING AND TALKING TO EACH OTHER
AT THE START OF YOUR SESSION.

EXAMPLE: IF OUR CLASS WAS A TRAIL MIX,
WHAT INGREDIENT WOULD YOU BE?



WARM WELCOME

WHAT'S UP SCAVENGER HUNT

BREAK YOUR AUDIENCE INTO TEAMS FOR A FUN
SCAVENGER HUNT TO GET THE **ENERGY FLOWING**.
ITEMS CAN BE MODIFIED TO FIT A SPECIFIC THEME!



SCHOOL SUPPLIES



WILD CARD!



CURRENT BOOK



CURRENT JAM



**SOMETHING
FUN**



WATER BOTTLE

WARM WELCOME

NAME  **OGA**

NAME YOGA GETS YOUR AUDIENCE UP
AND **MOVING**. SIMPLY ASK THEM TO
SPELL OUT THEIR NAMES USING YOGA
POSES AND BODY MOVEMENTS.







ENGAGING STRATEGIES

ENGAGING STRATEGIES CREATE A
POSITIVE LEARNING EXPERIENCE.

THEY CAN BE MINDFUL, BUT
SHOULD ALWAYS BE EXCITING,
ACTIVE AND PULL FROM WHAT IS
TRENDING IN STUDENTS' LIVES.



ENGAGING STRATEGIES

MOOD & MOTION



MOOD & MOTION IS A GREAT
WAY TO HAVE AUDIENCES
INTRODUCE THEMSELVES,
STATE A MOOD OR EMOTION
THEY ARE FEELING, AND
CREATE A **SIMPLE ACTION** THAT
FITS THEIR MOOD.

what's your name?
what's your mood?
what's your motion?



ENGAGING STRATEGIES

UP, DOWN, STOP, GO!

THIS **BRAIN BREAK** TESTS YOUR LISTENING AND REFLEX SKILLS. HAVE YOUR AUDIENCE STAND, THEN GIVE THE DIRECTIONS:

UP--STAND; DOWN--CROUCH;

STOP--FREEZE; GO--RUN IN PLACE.

INCREASE THE SPEED AND TAKE IT UP TO

MEDIUM AND HARD MODE!

Medium Mode: It's opposite day! Up means down, stop means go! Can you handle it?

Hard mode: Introduce stomp and clap.

ENGAGING STRATEGIES

LAND, SEA, AIR

HAVE ALL PARTICIPANTS BEGIN
ON ONE SIDE OF THE ROOM. BEGIN TO GIVE
THEM THE DIRECTIONS: "LAND, SEA OR AIR!"
MODIFY TO ADD YOUR OWN FLARE!

Where you begin is Land.
One step forward is Sea.
Jump up - that's Air.

Hard mode: add Ship &
Dock to this mix!



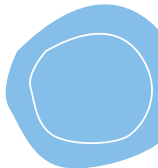
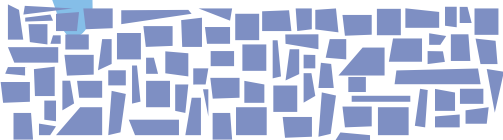
ENGAGING STRATEGIES



5 THINGS YOU CAN SEE
4 THINGS YOU CAN FEEL
3 THINGS YOU CAN HEAR
2 THINGS YOU CAN TASTE
1 THING YOU CAN SMELL





THIS **MINDFUL MOMENT** IS A GREAT
WAY TO GROUND YOUR AUDIENCE.
ASK PARTICIPANTS TO TAKE A DEEP
BREATH AND QUIETLY SCAN THE
ROOM FOR ITEMS THAT STAND OUT
TO THEIR 5 SENSES.





OPTIMISTIC CLOSING

OPTIMISTIC CLOSINGS FINALIZE
LEARNING THROUGH REFLECTION
TO CHECK FOR UNDERSTANDING
WITH INTENTION.



OPTIMISTIC CLOSING

COMMUNITY CIRCLE



COMMUNITY CIRCLES OFFER A WAY TO **CONNECT**
AND **SHARE** AT THE END OF THE SESSION.

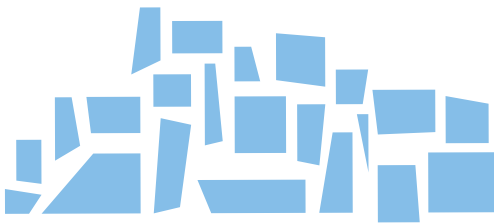
HAVE PARTICIPANTS PICK A
QUESTION AND ANSWER.

What was your favorite part of this week?

What was one thing you struggled with?

What is one thing you learned?

What is one thing you want to do next week?





OPTIMISTIC CLOSING



ROSE, BUD, THORN

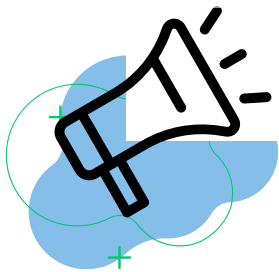
THIS **OPTIMISTIC CLOSING** ALLOWS
PARTICIPANTS TO REFLECT ON THE
MATERIALS COVERED IN THE SESSION.

- Your **ROSE** is something that you learned or enjoyed.
- Your **BUD** is something that you are looking forward to more of.
- Your **THORN** is one thing that you struggled with or had to solve.

OPTIMISTIC CLOSING

BIG SHOUT OUTS

SHOUT OUTS ARE A FUN WAY TO
SHARE **APPRECIATION** BETWEEN
PARTICIPANTS OR TEAMMATES.





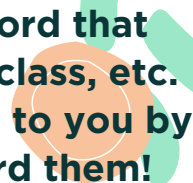
OPTIMISTIC CLOSING



ONE WORD WHIP-AROUND

THIS OPTIMISTIC CLOSING IS AN EXCITING
AND QUICK WAY TO GAUGE WHAT THE
AUDIENCE TOOK AWAY FROM THE SESSION.

In a circle, share one word that
represents your day, the class, etc.
Pass it to the person next to you by
turning your head toward them!





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