

## Sacred

Sacred can be used as an ice-breaker or 'getting to know you' activity. In addition to helping students recognise that different communities use different words for similar things, the activity also introduces students to what they hold most sacred to them, within and across traditions.

A group size of 4 to 20 people is recommended for this activity. In silence and not discussing with others, everyone writes down three things that are 'sacred' to them, each one on a different post-it note. Once everyone has done this ask them to get into small groups of four or five. In these groups they should look at all the post-it notes and identify similarities between the things they each find sacred.

It may be necessary for people to explain some of the things or terms they have used, as well as explain a little about why that thing is sacred to them. Allow up to 30 minutes for this activity.

In plenary ask the groups to highlight what similarities and differences they identified across religious and belief traditions and indeed other areas that are not related but might be described as "sacred" by participants, such as family, friends, silence or a precious heirloom.

