



Activity 3

“If You Really Knew Me”

Objectives:

- An iceberg is a powerful visual to help participants think about what it means to live "above the water line," and stop hiding who they really are.
- This is a good relationship-building activity for participants and families.

Steps:

1. Ask participants to draw their own iceberg and write what other people see (top of the iceberg) and what they hide (bottom of the iceberg).
2. Provide time for participants to self-reflect.



TRAUMA/TRAUMA-INFORMED CARE ACTIVITIES

HANDOUT for Activity 3

