

# Social Graces Icebreaker

- Take a fruit pastel each
- Each colour relates to a different question
- Speak to other people in the group and share your answers with each other

*Remember, social graces are both visible and invisible, voice and unvoiced*



## Take a moment to reflect on the icebreaker

Each table has a case study. Use your knowledge and understanding of sociocultural trauma and social graces to answer the following questions:

- What in my practice might the person of family be experiencing as helpful, and what might be unhelpful or even oppressive?
- How is sociocultural trauma showing up in the working relationship?
- How does my presence impact the person/family I'm supporting?
- In what way do my biases impact on my professional ability?



*How did it feel doing the activity?*

*What came up for you during the exercise?*

*What will you take into practice/your service moving forward?*

*Take a moment to write down your pledge*

