

I Wish I May, I Wish I Might

Step-by-Step Instructions:

1. Distribute one star to each group member.
2. Depending on the purpose of the group, instruct each person to write a wish. For example, if this is a marriage group, ask the participants to write a specific wish for their marriage. An example may be, "I wish my husband and I could spend one week each year in Mexico." Another wish may be, "I wish my wife and I could discuss finances without arguing."
3. After each person has written down his/her wish, ask them to form a circle. Ask participants to recite as a group: "Star light, star bright, first star I see tonight, I wish I may, I wish I might have the wish I wish tonight," and then place their wish into the middle of the circle, forming a night sky.
4. This can be done all together or separately with each person stating his or her wish before they place it down. After everyone sees the wishes, the facilitator takes the wishes and posts them on the wall.

Tips for Discussion and Processing

This is a very encouraging and positive exercise to remind participants of their similarities. The wishes that participants make can help you guide the class toward their goals and focus on topics for discussion.

Group Size: 11 to 25

Time Needed: 11 to 20 minutes

Goal: To get a better understanding of the participants' needs and help them get to know each other

Audience: Couples, Teens, Parents, Singles

Special Considerations: None

Resources Needed:

- ✓ Construction paper cut into star shapes; markers/pens/pencils