

# Vulnerability Wall of Failures



The Vulnerability Wall of Failures is designed to encourage family members (or groups) to share their experiences of failure, reflect on the lessons learned, and build a culture of growth, empathy, and support. By openly discussing setbacks and the learning that comes from them, participants foster a positive environment that values personal development and resilience.



## Family Objects

### Promote a Growth Mindset:

Family members learn to view setbacks as opportunities for growth by reflecting on failures and the lessons they offer. This activity encourages everyone to embrace challenges and see each misstep as a step toward success.

### Encourage Vulnerability and Sharing:

Participants build trust and deepen connections by openly sharing their personal experiences of failure. This shared vulnerability fosters a safe, supportive environment where everyone feels valued.

### Develop Resilience and Perseverance:

By discussing how they have overcome or learned from challenges, family members cultivate resilience and perseverance, reinforcing the idea that failure is a natural and valuable part of personal development.



## Success Milestones

### Thoughtful Reflection on Failures:

Participants provide sincere, reflective accounts of their experiences, articulating what they learned and how these experiences contributed to their personal growth.

### Active Participation in Group Sharing:

Family members actively engage by writing their experiences on Post-it notes and sharing their stories with the group, thereby contributing to a collective "Wall of Failures."

### Positive Group Discussion and Engagement:

Participants contribute constructively to group discussions, offering insights on the importance of taking risks, learning from mistakes, and supporting one another through challenges.



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## Objective:

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## Players:

- Suitable for families, classrooms, workplaces, or sports clubs.
- Ideal for small groups where participants feel comfortable sharing personal experiences.

## Materials Needed:

- A large wall or board space
- Post-it notes or sticky notes in various colours
- Pens or markers for each participant
- A standard six-sided dice
- A printed list of reflection questions (provided below or customised)

## Setup:

### 1. Designate the Wall:

- Choose a prominent wall or board and title it "Wall of Failures."

### 2. Distribute Materials:

- Ensure each participant has access to Post-it notes and a pen or marker.

### 3. Prepare the Question List:

- Have the list of questions ready. For example:
  - "Describe a time you tried something new that didn't go as planned. What did you learn from it?"
  - "Talk about a challenge you faced where you didn't succeed at first. How did you approach it the next time?"
  - "Name a skill you tried to learn but found difficult. How did you feel about it?"
  - "Share a memory of a group activity or project where things didn't go smoothly. What was the outcome?"
  - "Think of a time when you took a risk, and it didn't pay off. What did you gain from the experience?"
  - "Tell us about a goal you had that you didn't achieve. How has that shaped your current aspirations?"

### 4. Dice Preparation:

- Keep the six-sided dice nearby to randomly select a question for each turn.

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## Gameplay:

### 1. Rolling the Dice:

- Each player takes a turn rolling the dice. The number rolled corresponds to one of the gratitude/reflection questions on the list.

### 2. Reflect and Write:

- After reading the corresponding question, the player reflects on an experience related to the question.
- They write a brief description of the experience and what they learned on a Post-it note.

### 3. Sharing the Story:

- The player then shares their story with the group, emphasising the lessons learned or how they grew from the experience.

### 4. Posting on the Wall:

- Finally, the player places their Post-it note on the designated "Wall of Failures."
- Continue until every participant has had a chance to roll the dice and share their reflection, or until the group decides to conclude the activity.

### 5. Group Discussion:

- After all participants have shared, facilitate a group discussion about the shared experiences.
- Highlight how each failure or setback has contributed to personal growth and discuss ways to support one another in overcoming challenges.

## Winning the Game:

- There is no competitive "win" in the Vulnerability Wall of Failures.
- The focus is on sharing, learning, and supporting each other.
- The true success is measured by the insights gained and the strengthened bonds within the group.

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## Variations for Different Settings:

- **Educational Edition:**

Tailor the reflection questions to include academic or school-related experiences, fostering a growth mindset in an educational context.

- **Staff Edition:**

Use workplace-related scenarios to help colleagues reflect on professional challenges and successes, building a supportive and collaborative work environment.

- **Youth Group Edition:**

Adapt the questions to be age-appropriate, ensuring that younger participants can share in a way that is both meaningful and understandable.

- **Recurring Activity:**

Consider making the Vulnerability Wall of Failures a regular practice (e.g., monthly or quarterly) to continuously promote growth, reflection, and mutual support.

## Additional Notes:

The Vulnerability Wall of Failures is a powerful activity designed to transform personal setbacks into opportunities for learning and growth. By sharing stories of failure and the lessons learned, participants not only build resilience but also create a culture of empathy, trust, and continuous improvement. Embrace the vulnerability, celebrate the lessons learned, and let this activity inspire everyone to view challenges as stepping stones to success. Enjoy the process, support each other, and remember that every failure is just a stepping stone on the path to growth!