



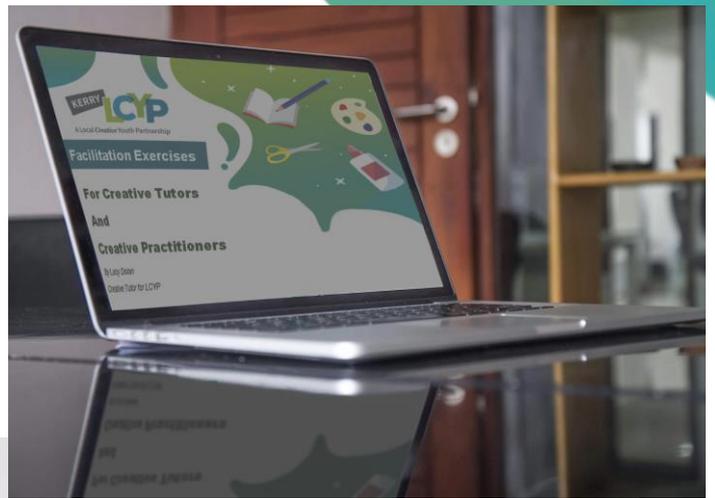
A Local *Creative* Youth Partnership

Facilitation Exercises

For Creative Tutors and Creative Practitioners

By *Lucy Dolan*

Creative Tutor for LCYP



BORD OIDEACHAIS
AGUS OILIÚNA CHIARRAÍ
KERRY EDUCATION
AND TRAINING BOARD



Riailtas na hÉireann
Government of Ireland

Clár Éire Ildánach
Creative Ireland
Programme
2017–2022



@kerrylcyp | YouTube: Kerry LCYP

www.kerryetb.ie/schools-youth-music/music-arts-creativity/arts-creativity/

INDEX

Introduction	01
Warm Ups	02
Body Patting / Shaking	03
X'S & O'S / Tummy Rub / Circle Square	04
Invisible Ball – Creative Pass	05
Painting a Picture	06
General Movement	07
Getting to Know Each Another	08
Name Game – Ball	09
Alphabet Names	10
Name Clapping	11
Likes / Dislikes	12
Signatures	13
Creative Evaluation	14
Hands Prints	15
Fishes	16
Faces	17
Bag / Hat Trick	18
Clothesline	19
Wind-Down & Endings	20
Appreciation Circle	21
Grounding & Standing Tall	22
Heart Pulse	23
Positive Symbols	24
Snowstorm	25

INTRODUCTION

This handbook resource is intended as an aid to help creative facilitators and practitioners in the design and delivery of their workshops.

Creative facilitators from all areas of the arts: crafts, music, theatre, gardening, writing, cooking, etc, bring their own unique, authentic personality and talents to their workshops. Though every tutor's style can vary, these variations; the unique creative expertise and activities you offer as a creative tutor, can be hung upon a basic workshop structure. This can benefit the overall workshop experience greatly.

This resource is here to help creative facilitators to make the process of designing and structuring their workshop that bit easier. Implementing a basic structure by including exercises that reflect the stages of a beginning, middle and end in a workshop, offers participants a sense of consistency, stability, and confidence in your professionalism as a facilitator.

The addition of one or two exercises into your workshop plan can help you to:

- 1. Give everyone in the group a sense of being connected with one another**
- 2. Help participants remain engaged with the work you are offering**
- 3. As a facilitator, help you to evaluate the aims, objectives, and learning outcomes you have set out to achieve with your group.**

The key to making the facilitation of a workshop 'look' really easy and run really smoothly, while also allowing you to meet your workshop aims and objectives - is a skill! (helped greatly by some simple preplanning and preparation).

The following selection of twenty exercise ideas are offered as resource material providing a basic structure for a workshop plan. They are grouped into sections: Warm Up's, Getting to Know One Another, Creative Evaluation and Wind-downs & Endings.

The booklet is intended to facilitate you in the development and delivery of your own creative offering.

Lucy Dolan. 2020

Lucy Dolan holds a BA in Design from the Crawford College of Art and Design. Higher Cert in Arts in Group Facilitation Cork Institute of Technology and an MA in Ecopsychology. Lucy was engaged as a Creative Tutor by Kerry ETB/LCYP in 2020.

WARM-UPS

Introduction

Warm-up exercises are a great activity to include in a workshop plan as they are quick, active, physical, and mostly nonverbal. They are threshold exercises transitioning participants easily from the 'waiting for the workshop to start' mind-set to the 'it's beginning' mind-set. These exercises get everyone into the same frame of mind; they get everyone (who may not know each other yet) doing the same thing at the same time. Participants begin to become aware of the space they are in, of themselves and of the other participants in the group. Warm up exercises help to focus and re-orientate attention away from other thoughts and concerns and into the present moment, participants begin to engage with the workshop that is just beginning.

The following exercises will help to get everyone into the same groove:

- 1. Body Patting / Shaking***
- 2. X's and O's / Tummy Rub / Circle Square***
- 3. Invisible Ball – Creative Pass***
- 4. Painting a Picture***
- 5. General Movement***

1. Body Patting / Shaking

Online activity or face to face

This is a gentle warm up exercise great for waking everyone up if they are feeling a little sluggish or unmotivated, for bringing awareness to the body

Materials Required: None

Exercise Length: Approx. 5 mins

Age: Suitable for all ages.

Delivery:

This exercise can be done either sitting up straight or standing up straight and tall. Using either your left and or right hand start to tap your body. Starting at your arms going up along your arms, onto your shoulders and neck around your tummy down along both of your legs, in under your feet and all the way back up and around the body again ending up tapping your head, your face and your hair. Then shake out your hair, your arms, legs, and whole body vigorously.

Options:

- You could add a few star jumps at the end if you really wanted to get people energised!

2.X's & O's / Tummy Rub / Circle Square

Online activity or face to face

This is a great set of exercise that can be utilised together one after the other, or separately on alternate workshop days. Simple yet not so simple to do, they require that you do not mind acting a little bit silly! they also require a bit of concentration to master. Great for getting circulation going in the body and getting a few giggles going too.

Materials Required: None

Exercise Length: Approx. 5 mins

Age: Suitable for all ages.

Delivery:

X'S & O'S: Using your right hand/arm draw a big O shape in the air, at the exact same time draw a bit X shape with your left foot, after a while switch and draw a big O shape with your foot and an X shape with your arm. You can switch drawing each shape with and left hand to the right and the left foot to the right also.

TUMMY RUB: With this exercise you rub your tummy in circular movements with your right hand while at the same time tapping the top of your head with your left. Then try switching, rubbing your tummy with your left hand, and tapping your head with your right hand.

CIRCLE SQUARE: Make big circle shapes with your right foot/leg while simultaneously making a big X shapes with your left arm. After a while, switch and do them the other way around!

3. Invisible Ball - Creative Pass

This exercise requires attention and is good for group bonding. A bit of creative thinking is required on behalf of each participant.

Materials Required: None

Exercise Length: Approx. 5-10 mins

Age: 8yrs and upwards.

Delivery:

Ask participants to stand in a circle. Tell them you are holding an invisible ball and that you will pass it to the person beside you and they in turn have to pass it on to the person beside them, until it is passed all the way around the circle. You can gently pass it to them or throw it. As it is being passed around inform participants that the ball has suddenly become roasting hot, or freezing cold, or really huge or really tiny, it can be spiky, fluffy, floaty, electric etc. This will change how participants interact and engage with the invisible ball, how they pass it to another and how another receives it.

Options:

- Creative Pass: Participants are asked to pass the ball to one another in a creative way, under the leg, over the shoulder etc., they have to think of a unique way of passing it to each other that has not already been used in the group up to that point.

4. *Painting A Picture*

This is both a visual as well as movement exercise. It is appropriate for starting a workshop that is going to be quite imaginative, perhaps a workshop that has a drawing or painting component included in the plan.

Materials Required: None

Exercise Length: Approx. 5 mins

Age: 6yrs and upwards.

Delivery:

Participants have to (either sitting or standing up) imagine they have a variety of paintbrushes and rollers, and big pots of different colour paints and also an exceptionally large canvas all in front of them. They must imagine an image in their minds eye. They must dip their paintbrush into the paint, or alternatively use their hands and rub or paint the image onto the canvas. The idea is to get participants moving and stretching so the larger the canvas and the image the more moving and stretching will happen. This exercise can be done with eyes open or eyes closed.

Options:

- As the facilitator you can direct what images are to be painted... 'A large tree with a bird perched in it! A car, a multi-coloured horse' etc. Participants can be encouraged to paint with their knees, elbows, feet and head by sticking these into the imaginary pots and then using them to paint with. They can imagine that the canvas is not only in front of them but beside and behind them also.

- Instead of imagining paint, participants could imagine working with clay / jelly / slime...

5. GENERAL MOVEMENT

This exercise is a good one if you want a really active start to a workshop. Perhaps the creative workshop you are offering includes movement or music as a component already, or perhaps you are working with creative exercises that require participants to be standing up or moving around to complete them. This gets everyone in the frame of mind for an active workshop.

Materials Required: A device for playing music

Exercise Length: Approx. 5-10 mins

Age: 6yrs and upwards.

Delivery:

Participants are to stand around randomly. Put on lively music with a beat and chorus. As the music is playing participants have to walk around make sure to say hello to everyone else in the group. At the chorus, the facilitator calls out an action 'Bend the knee!' participants must bend their knee. At the next chorus, another action is added... 'bend the knee *and* swivel the hip!'. As the music progresses keep adding another action every time a chorus plays, until participants are doing five actions at a time.

Options:

- Instead of using music with a chorus, music without a chorus can be used. In this case, every few minutes the facilitator can briefly pause the music (or blow a whistle) to signal it is time to do the next action or series of actions that the facilitator calls out.

GETTING TO KNOW EACH OTHER

Getting to know each other in a group is a really important first step. It sets the foundation on which the rest of the workshop will rest. Of course, it is possible to quickly ask the group to individually introduce themselves and say their names however for the sake of five, ten or fifteen minutes you can offer your group the opportunity for a more in-depth experience. Including a 'Getting to know one another exercise' cultivates a sense of group cohesion. Knowing one another a bit better makes it easier for participants to invest themselves in the workshop and enjoy the time they spend together.

The following exercises will help in this endeavour:

- 1. Name Game – Ball**
- 2. Alphabet Names**
- 3. Name Clapping**
- 4. Signatures**
- 5. Likes/Dislikes**

1. Name Game - Ball

Suitable for groups meeting for the first time and who do not already know each other's names.

Materials Required: Juggling Balls (other balls are too light – Juggling balls are heavier and easier to manage when working with groups)

Exercise Length: Approx. 5 mins

Age: Suitable for all ages.



Delivery:

Ask participants to form a wide circle standing up. Using one juggling ball to start with, ask participants to say their own name then throw the ball to the person beside them who then says their name and so on, keep throwing until everyone has said their name.

Then change the game to The first person has to name any person anywhere in the room, then throw the ball to them. The person who catches it has then in turn to name another person and throw the ball to them. Continue on naming people and throwing the ball to them until everyone in the group has become familiar with everyone else's name.

Options:

- You can speed things up and ask participants to throw the ball faster, or very slowly, or a mix of both on your command.
- If you want to raise the tempo and energy of the group you can add in a second ball therefore having two balls on the go at the one time, then a third, or even six to really get everyone concentrating, moving, and laughing! This exercise is a playful way to start with a group.

2. Alphabet Names

Online or face to face activity

Suitable for groups meeting for the first time and who do not already know each other's names. Starts to get participants comfortable speaking in a group and saying a little about themselves. A great exercise for building memory through word association.

Materials Required: None

Exercise Length: Approx. 5 mins

Age: 8yrs up to young teenagers

Delivery:

In turn, each participant has to say their name and something (e.g., a food) that starts with the **same letter** of their name.... 'My name is *Mary* and I like *mangos*'. Let everyone take a turn at describing themselves this way. Once everyone has said their name once, then begin again. This time the person speaking has to say their own name, along with the names they heard being said by the people who spoke before them.

The first person says their own name, the second person introduces the first person then says their own name, the third person introduces the first person and the second person and then offers their own name... e.g., 1st Person: 'My name is *Mary* and I like *Mangos*', 2nd person 'This is *Mary*, *Mary* Likes *Mangos*, my name is *Rosie* and I like *Rollo's*'. The third person says, 'This is *Mary*, *Mary* Likes *Mangos*, this is *Rosie*, *Rosie* likes *Rollo's*, my name is *Joan* and I like *Jam*'. Continue in this manner until everyone in the group gets a chance to say all of the names of everyone else the group all together in one sentence.

Options:

- You can choose another category for the word association, the example offered here is food. It could be sweets, garden birds, animals, towns, cars, football players anything at all that you feel would be of relevance to the group you are working with. Whatever category you choose, I would stick to that one category as it is easier to keep in your memory when it is all food's or all towns as opposed to one person saying a food, another a town another a car etc.

3. NAME CLAPPING

An energetic and noisy way to get a workshop started! This exercise is for groups who have not met before. You get to learn each other's names while also making a bit of noise.

Materials Required:None

Exercise Length: Approx. 5 Mins

Age: 8yrs – 12yrs

Delivery:

When everyone has arrived and is settled, start clapping in a rhythm. Ask participants, starting with the first person to join in and to clap along with you. Each person joins in one by one until everyone is clapping in a rhythm together. In the next round, people take turns to say their name in between the clapping, this continues until everyone has said their names. It is then done in reverse order!

Options:

- You can change the tempo and rhythm of the clapping.
- Ask the participants to remember and say the names of all the other participants in the group when it is their turn.
- After you say your name you get to change the rhythm of the clap until the next person has said their name and then they get to change it again.



4. LIKES / DISLIKES

Online activity or face to face

This exercise is a nice one to do when people have spent a bit of time getting to know each other, or already know each other's names. It begins to build group bonding and cultivates speaking in the group. It gives participants the opportunity to work alongside another member of the group.

Materials Required: Pen and paper - optional

Exercise Length: Approx. 15 mins

Age: 8yrs and upwards

Delivery:

Participants get into groups of two. Perhaps working with the person directly to their left, or to their right. Participants have to find out from each other **two** things that they like and **two** things that they dislike. Each participant then takes a turn introducing their partner to the group saying what it is they like and what it is they dislike. E.g., 'Mary likes going for walks with her dog by the river and quietly reading at home, she dislikes soccer games on the telly and eating liver'. Ask participant to be a little descriptive in their answers, to give more than just a one-word answer. Everyone in the group gets the chance to speak on behalf of their partner. This exercise allows people to offer a bit of information about themselves in an indirect way, through someone else. As everyone's likes and dislikes are shared and heard around the group, the group begins to get to know their fellow participants a little bit better.

Options:

In addition to likes and dislikes you could add one initial concern or reservation participants may have felt about joining or participating in the workshop, if any. This addition can be added if the facilitator has been asked to do so or wishes to explore this area if it is relevant to the workshop aims and outcomes. The exercise can be further elaborated on by participants being asked to offer new or more Likes and Dislikes, e.g., four instead of two, further revealing a little more of participants personality.

5. SIGNATURES

This exercise is good to get people up, walking around, talking and mingling. An exercise in approaching people to get to know them.

Materials Required: Pen, paper, and something hard to hold to write on like a book, magazine, clipboard, copy etc

Exercise Length: Approx. 5-10 mins

Age: 12yrs and upwards

Delivery:

Get everybody to stand up with their pen and paper. Participants have then to walk around and find a person who is free to talk, and approach them, gather a bit of information about them by asking them some questions and then get their signature on paper. Participants can choose to answer or not answer the questions posed. Once you have the signature it is time to move on, find another person ask them a few questions and get their signature. At the end count to see how many signatures you have received.

The questions and information participants ask each other and collect can be a selection of simple questions like your favourite colour, favourite meal, do you enjoy reading or football?

Options:

- The questions can be tailored to the interests of the group and the theme of the workshop.

CREATIVE EVALUATION

As creative facilitators, it comes naturally to be observant of participants taking part in the workshop. We listen to questions, observe reactions, and gauge the level of interest participants are taking in the activities offered. This level of engagement allows us to be flexible and adaptive in response to participants needs.

An aspect of the creative tutor's roll is to be able to provide feedback to the organisation that has engaged them to do the work. The ability to review a workshop and measure the impact the workshop experience has had on participants provides meaningful and useful information to the organisation, while also informing the facilitators own work practice.

The standard questionnaire evaluation forms typically provided for use, are generally unimaginative. Their tone is direct and rational and often as a participant, after having a fun and expansive workshop experience answering a list of question as you walk out the door can dissipate the sense of creative freedom and enjoyment experienced in the workshop. These forms can feel like a hindrance more than a help.

Creative evaluation exercises are far more interesting to engage with than the traditional questionnaire form and can elicit deeper, more imaginative, and thoughtful information and responses from participants. As creative facilitators you no doubt already use some in your practice. Here are a few more exercises to choose from:

- 1. Hands Prints**
- 2. Fishes**
- 3. Faces**
- 4. Bag/Hat**
- 5. Clothesline**

1. HANDS PRINTS

Online or face to face activity

This is an exercise that allows time for personal reflection. It is best not to rush this exercise and to inform participants that they have adequate time to reflect, in a considered way, on each of the questions posed.

Materials Required: Coloured paper, pencil, colouring pencil, pen.

Exercise Length: 30 Mins

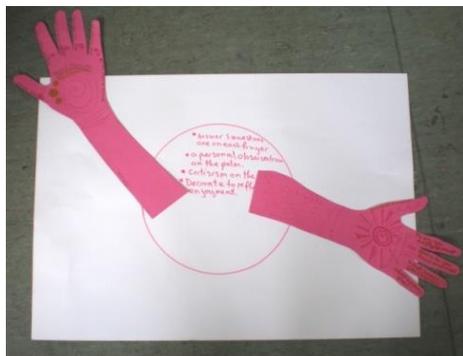
Age: 8yrs and upwards

Delivery:

Each participant places their arm and hand onto a piece of paper, then traces the outline of it with a pencil onto the page making sure to draw around all of the fingers and thumb carefully. This outline is then cut out. On each of the five fingers a question is written: (other questions can be chosen in place of these). 1: Your proudest moment? 2: Thing you enjoyed the most? 3: Something you found useful? 4: Thing you would change? 5: What surprised you? Participants take the time to reflect and write down the answers to the questions. Any criticisms can be written on the arm. A personal observation can be written on the palm. The hand can then be further decorated to reflect participants' level of enjoyment, their personality and creativity.

Options:

- This exercise can be adapted to be a 'getting to know one another' exercise where you draw around your partners hand, find out five things you did not know about them and write these on the fingers and thumbs e.g., Hopes, dreams, pet hates, something unusual they have done, something they have done since last month. Then you can introduce your partner to the group stating the information you have learned about them "This is...and I didn't know that..."



2. FISHES

This creative evaluation exercise is simple to and fun to do. It is designed to gauge basic levels of understanding and whether a particular activity was liked or not liked.

Materials Required: Paper, Paints, Paintbrushes, Scissors, Pencils.
Exercise Length: 30 Mins
Age: 6yrs – 10 yrs.

Delivery:

On one big sheet of paper participants paint the sea, using dark tones to indicate the bottom of the ocean and lighter tones to indicate the top of the ocean. Leave it to dry. On another page participants draw out the simple outline of a fish many times, then cut them out. The sea painting can be hung on the wall. After a particular activity participants are asked 'Did you like that activity?' or 'did you understand the activity?' participants then place a fish in the bottom of the sea to say they did not like/understand the activity and place a fish in the top of the sea to say they did like/understood the activity.

Options:

- Depending on the theme of your workshop or the particular interests of the group the scene (sea) and the indicators (fishes) can be changed. E.g., If the interest is football then the scene can be a line of hooks on a locker-room wall on which football boots can be hung high up or low down the wall to indicate the level of interest and understanding of a particular activity.



3. **FACES**

This exercise is simple and quick to master. It offers participants a method of instant, quick direct feedback and can be used over and over throughout a single workshop or throughout a series of workshops. It is a collection of cards that participants can make and use that are comprised of images of facial expressions to indicate levels of enjoyment from unhappy to thrilled. The images are in the familiar emoji style.

Materials Required: Paper, Marker, Colouring pencils, Scissors, A cup, Laminator (optional)

Exercise Length: 30 Mins - 1 Hour

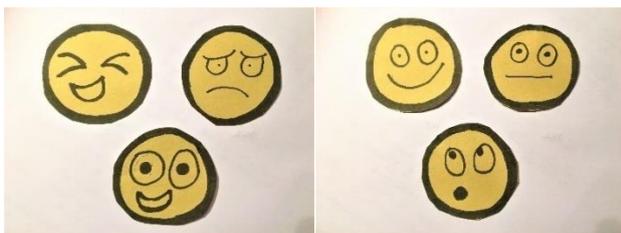
Age: 6yrs and upwards

Delivery:

Using a cup or other circular object, draw a collection of circles onto coloured paper. Into each of the circles draw a basic facial expression to indicate an emotion. The expression must be able to reflect answers to questions that you will pose to the group e.g., No, Yes, Sometimes, Surprised, Happy, Sad, Delighted. When you ask the group a question, they can choose one of the card images and place it in front of them for you to see.

Options:

- Instead of using the emoji images, participants can draw their own faces in the variety of facial expressions.
- Image cards can be laminated and used over and over again. Participants can make their own personal pack.
- If the workshop is a short duration, facilitators can have a number of packs of cards at the ready so that participants do not have to make their own.



Yes No Sometimes Happy Sad Delighted

4. BAG / HAT TRICK

This exercise brings a bit of mystery and chance into the workshop plan. Utilising a simple hat or bag as the container for your evaluation questions, you allow participants to engage with the evaluation process as if it were a game.

Materials Required: Paper, Pen, Hat or Bag

Exercise Length: Approx. 10-15 mins

Age: Suitable for all ages.

Delivery:

Have either a hat or a bag at the ready, either will do. If they are fun looking all the better! Have evaluation statements/query's written onto pieces of paper e.g., 'Something you liked?', 'Give a Suggestion', 'Ask a Question' then fold the pieces of paper up and place them into the Hat/Bag. Ask each participant in turn to dip their hand into the Hat/Bag and choose a piece of paper. They then read out to the group the question they received and then answer that question. After their go, they return the paper into the Hat/Bag ready for the next person to take their turn.

Options:

- The Hat/Bag can contain random items instead of folded pieces of paper. Each item represents a question e.g., a shell corresponds to the statement 'something you liked', a stone 'something you disliked'.



5. CLOTHESLINE

This exercise is a bit more complex than the others and requires more time. It is suitable for a workshop where a more comprehensive reflection is called for, perhaps after a series of workshops that have continued over an extended period of time. It offers participants a chance to reflect upon, and process, how the workshop has impacted them individually. Participants make a collection of clothes items each representing an aspect of their workshop experience.

Materials Required: Variety of decorative craft materials, Paints, Paint brushes, Scissors, Glue, Coloured paper, Pencils, Colouring pencils

Exercise Length: Approx. 2-3 HOURS

Age: 8yrs and upwards.

Delivery:

Using a variety of decorative craft materials, participants are asked to make a collection of clothing. Each garment is to represent a personal reflection on an aspect of their workshop experience. The full collection combined represents their entire workshop experience. For example, a head dress can represent their 'proudest moment', the main clothes items representing the 'most valuable things you learned', undergarments (if any) representing personal reflections, new ideas or thoughts that were useful, any decorative embellishments belts etc representing 'surprising things you learned', Shoes representing 'what you take home with you from the workshop experience'. One item to represent 'something you would change' about the workshop. Garments are then hung on a line and the participant explains to the group what they represent for them.

Options:

- For younger participants, it may be easier to limit the number of items of clothing and to have each item representing something specific e.g., hat = proudest moment. Older participants can be given more leeway as regards to what each item might represent.



WIND-DOWN & ENDINGS

Wind downs and ending exercises are an important aspect of a workshop plan. They provide a sense of the workshop having a structure in place. They facilitate participants in transitioning from the mind-set of being present at the workshop, to the mind-set of preparing to leave. They signal that workshop time is officially at an end.

Including a closing exercise indicates that you, as the facilitator, wish to end the workshop in a thoughtful way, not in a rush or suddenly. Taking a moment together, as a group, acknowledges and reinforces the value of the time you have spent together.

Wind down and Ending exercises offer participants: a moment of time for reflection, calm if the workshop has been busy, a chance to stretch out and do a bit of light exercise if the workshop has been sedentary, and the opportunity to finish the workshop on a positive note indeed by offering appreciation to fellow group members and receiving appreciation from fellow group members... what a lovely way to conclude your time together.

Here are a few exercise ideas for your consideration:

- 1. *Appreciation Circle***
- 2. *Grounding & Stand Tall Shake It Out***
- 3. *Heart Pulse***
- 4. *Positive Symbols***
- 5. *Snowstorm***

1. APPRECIATION CIRCLE

Online or face to face activity

A really great exercise, offering a positive and upbeat finish to any workshop. Used continuously over time with a group this exercise can generate and cultivate positive energy amongst participants. Done regularly, participants begin to prepare for it by noting things they appreciate or are grateful for in others during workshop time. This can have a positive effect on the whole group. Quick and easy, highly recommended.

Materials Required: None

Exercise Length: Approx. 10 mins

Age: 8 and upwards.

Delivery: There are a number of ways this exercise can be delivered, here are a couple of options:

- As the facilitator, you randomly choose two participants. Each has to say one positive nice thing they have noticed about the other person. Facilitator continues to pick two people until everyone in the group has said one positive attribute they noticed about another person, and everyone has heard something positive about them from another member of the group.
- An alternative way of pairing people up is with a bag comprised of sets of items e.g., a *pair* of shells, pair of nuts etc. This bag is placed in the centre of the group. Participants (with eyes closed) choose an item. Matching items match the participants.
- All participants sit in a circle. Their names have been written on a piece of paper by the facilitator and folded up and put either into a container, jar, hat, envelope etc. or onto the floor into the centre of the circle of participants. Everyone reaches in and takes a piece of paper and hangs onto it until their turn comes to say to the group and the individual in particular, something they appreciate about the person they got (if participants pick their own name, they must return it and choose another).

Bag of Pairs



2. GROUNDING & STANDING TALL

Online or face to face activity

A good physically grounding exercise, helping participants to wind down before they leave and shake out any tensions or stiffness before they leave.

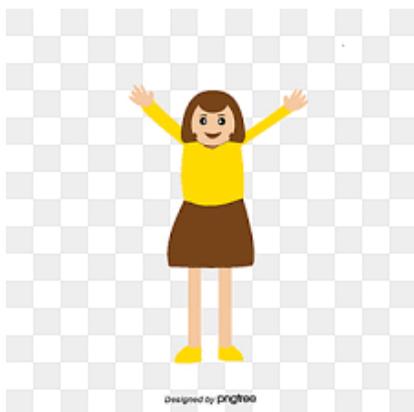
Materials Required: None

Exercise Length: Approx. 5 mins

Age: 8yrs and upwards.

Delivery:

Everyone stands in a circle with their eyes closed. Ask participants to take three deep breaths and relax for a moment. Then ask participants to bring their attention and awareness to the ground beneath their feet, after a moment, ask them to bring their awareness to the person on their left and then to the person on their right and then to the group as a whole. After a moment, ask them to imagine there is a string coming from their head that is being pulled upwards, lifting, and stretching them upwards on to their tippy toes, then fill up the space by stretching out the arms. Then relax the stretch and ask participants to shake themselves out. Shake your hands, then your arms, and your legs, 5 times, then 4 times, 3 times, 2 times and once to finish.



3. HEART PULSE

A calming peaceful heart centred meditative exercise. If the workshop has been highly active or a little bit stressful, this exercise will get everyone sitting down in quiet silence for a few moments allowing some time for relaxation before heading out the door to go home.

Materials Required: none

Exercise Length: Approx. 10 mins

Age: 10yrs and upwards.

Delivery:

Everyone sits in a circle with eyes closed. Ask participants to take three deep breaths, then ask them to relax for a moment in silence. Participants then take a hold of the hands of the people sitting to either side of them, with their right hand facing down and left hand facing up. Everyone should be holding hands creating a circle of hand holding. Participants are then asked to feel love in their hearts, when they feel love they then send it out through their left hand and imaging it is travelling through all of the hands of the other participants, all the way around the circle until it returns to them in through their right hand. Give a few moments to allow participants time to imagine this. To finish, in silence, the facilitator squeezes the hand of the person to their left who in turn squeezes the hand of the person beside them, the squeeze travels around the circle back to the facilitator, indication the exercise is complete.



4. POSITIVE SYMBOLS

A visual exercise that engages the imagination of participants where they indicate positive attributes that they see in another through the use of symbols. The exercise allows everyone to take some time to think about all of the other participants in the group individually; to express something nice about them while also receiving an insight into what positive attribute their fellow participants see in them.

Materials Required: Paper, Colouring pencils, Pencil

Exercise Length: Approx. 1 hour

Age: 8yrs and upwards.

Delivery:

Have as many sheets of paper as there are people in the group. Each person draws an outline of themselves onto the page and writes their name on the page. The sheet is passed around the group and everyone takes time to draw a symbol into the persons outline on the page. The symbol is to represent a thought they have about that person, only positive thoughts/attributes allowed! When everyone has placed a symbol into everyone else's outline, the page is then returned to the person providing them with a visual representation of how others see them. If participants wish to converse with each other and explain or discuss the symbols, they can do so if they wish.

Options:

- Each participants writes their name under the symbol they drew to indicate which person drew each particular symbol.
- Participants can write their thoughts about the person under /around the symbols they drew, but not write their names, leaving the feedback anonymous.

5. SNOWSTORM

This exercise brings with it an element of chance and spontaneity with it. It is a quick and easy way to part ways with your group on a positive uplifting note.

Materials Required: Paper, Scissors, Pen, or prepared printed out positive sayings

Exercise Length: Approx. 5 mins

Age: Suitable for all ages.

Delivery:

Have a selection of positive sayings pre-prepared to suit the age range of your workshop. The sample below has sayings such as 'Don't Stop Dreaming', 'Make Your Own Magic', 'You don't have to be perfect to be Amazing'. Every saying is printed out or written out by the facilitator. Have as many sayings as you have participants, if not lots and lots more just for effect! Each saying is on a piece of paper that is then scrunched up. The bigger the piece of paper the bigger scrunched up ball it will make. At the end of the workshop, throw all the scrunched-up balls into the air in a 'Snowstorm', participants then pick up a ball and unfold it. That saying is especially for them as a parting positive thought/affirmation that they can then take home with them.

