In a Word – Any Meeting

Type: ___X____ Introductory **_____ Working** **_____ Closing** **_____ Game**

Low Risk – Getting to know each other	Growing Risk – Personal awareness	Ending – Saying goodbye	Active Exercise – For group building and fun

Optimum Group Size: 8 - 30

Materials Needed: None

Outline of Activity:

The group sits in a circle. Each member takes a turn completing the following statements:
My mind is…(clarifies where the person is cognitively. For example, 'my mind is cluttered'- full of dubious thoughts.)
My body is…(clarifies where the person is physically. For example, 'my body is heavy and sluggish' - full of lead.)
I feel…(clarifies where the person is emotionally. For example, 'I feel serene and peaceful' – 'I feel annoyed.' Make sure the person is sharing a feeling, not a thought!)

Goal:

This activity is good for starting group sessions, helping to clarify where everyone is cognitively, physically and emotionally, and helping members to share their thoughts and feelings more readily.

How to Process:

After everyone has taken a turn, follow up the activity by asking why some members feel or think as they do. Do this only after all members have had turns; in this way the spotlight will not be on any one person and no one will feel picked on or left out.

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