Scary

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: 5 - 15

Materials Needed: None

Outline of Activity:

The group sits in a circle. The leader will ask the question, 'What's the scariest thing about being here?" He/she will then share what that is for him/her. Then each member will share what is scariest for him/her with the group.

Goal:

To get anxieties out in the open so that they can be dealt with. Let members of the group see that everyone has anxieties about being there. To build trust and cohesion.

How to Process:

Did anyone notice another group member with the same feelings about being here?
How did you feel during the activity? Why?
For those of us feeling uncomfortable, how can this group help?
What did you learn about yourself? About others?

Source or Submitted by: Unknown