

# ***Closing Activities***

Activities for Groups

**Title** *Today I Learned...Tomorrow I Hope.*

<b>Type</b> <input type="checkbox"/> <b>Introductory</b>	<input type="checkbox"/> <b>Working</b>	<input checked="" type="checkbox"/> <b>Closing</b>	<input type="checkbox"/> <b>Game</b>
(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** 8-12

**Materials Needed:** None

**Outline of Activity** (How to do it in a clear, concise form):

At the end of a session have the group go around and finish the sentence.

Today I Learned....

Tomorrow I Hope....

**Goal** (Expected Outcome):

To recap the information discussed in the group. Build group togetherness.

**Submitted by:** Ty Sells

## Activities for Groups

<b>Title</b>	<b><i>Stringing Us Along</i></b>			
<b>Type</b>	<input type="checkbox"/> <b>Introductory</b>	<input type="checkbox"/> <b>Working</b>	<input checked="" type="checkbox"/> <b>Closing</b>	<input type="checkbox"/> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** 20-200

**Materials Needed:** Ball of yarn for each group of ten to twenty participants.

**Outline of Activity** (How to do it in a clear, concise form):

This activity plays on the double meaning of the word “yarn” as participants weave the yarn among them and relay a story. This makes a great culminating activity or physical energizer and a way for people to get to know one another better.

*Balls of yarn elicit images of kittens playing or someone knitting for loved ones. The term yarn may also refer to a wild, elaborately woven story. Since these remembrances evoke positive images, introducing balls of yarn usually brings playful smiles.*

Organize participants into groups of ten to twenty. Give each group a ball of yarn. Explain to participants that when you give the signal to begin, they are going to form a tightly knit group as they pass the ball of yard across and around the circle until each person has had it. Explain that as each person gets the ball, he or she should thread the ball through something they are wearing -- an article of clothing, a piece of jewelry, etc. -- and then pass it on. Give the signal to begin. After the yarn has woven its way completely through each group, explain that the groups will now begin the unthreading process one at a time. As each person unthreads, they have to tell a “year” -- telling a story about how they’ll apply what they learned during the session when they get back to work or home.

You might begin the process by telling something that you got from the session. This activity works best when participants do not have a barrier, such as a table, between them. Encourage embellishment of stories.

*Note: As a variation, to emphasize affiliation, have the participants tell "yarns" about their lives. If the exercise is used as an energizer, have participants tell one thing they've learned so far. Use the activity as a timed group competition, weaving the yarn through and then out.*

**Goal (Expected Outcome):**

Physical energizer; getting to know you better; getting closure; especially for big groups.

**How to Process (As a Facilitator, What points need to be covered after completing activity?):**

Processing is optional.

What was most difficult for you during this game?

How could it have been better?

What did you learn from this game?

Is this a competitive or cooperative game?

**Source:** Especially for Big Groups

## Activities for Groups

**Title**

***Leaf It To Me***

**Type**

**Introductory**

**Working**

**Closing**

**Game**

(Getting to Know

(Growing Risk,

(Saying Goodbye,

(Active Exercise

Each Other, Low

Personal

Ending)

for Group building

Risk)

Awareness)

and Fun)

**Optimum Group Size:** 8-30

**Materials Needed:** Tree trunk with bare branches drawn on a large piece of paper; glue stick; brightly colored paper leaves.

**Outline of Activity** (How to do it in a clear, concise form):

The tree that participants create in this activity will symbolize teamwork, with each leaf representing an individual contribution. Use this activity to culminate a team session.

*A tree is a powerful analogy for personal organizational development. It embodies power, strength, organization, purpose, renewal, changes, and more. And within the analogy lies rare beauty, made clear by Joyce Kilmer's popular line: "I think that I shall never see a poem lovely as a tree."*

Post tree trunk drawing in a central location. Put leaves in a central place where participants can help themselves to them. Invite participants to think about their greatest behavioral contributions to the team -- both those they know are expected and the additional commitments of time, attention, and behavior that will support the attainment of team goals. Instruct participants to write one idea on each leaf, representing contributions they will commit to. Ask them to come forward individually and glue their leaves onto the tree branches.

Participants will respond appreciatively to a well-presented tree trunk. It adds importance to the activity.

*Note: As a variation, if colored leaves are not available, have participants use markers and draw the leaves right on the branches.*

**Goal** (Expected Outcome):

Physical energizer; getting to know you better; getting closure; especially for big groups.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

Processing is optional.

What was most difficult for you during this game?

How could it have been better?

What did you learn from this game?

Is this a competitive or cooperative game?

**Source:** Getting Closure

## Activities for Groups

<b>Title</b>	<b><i>Star Light, Star Bright</i></b>			
<b>Type</b>	<u>      </u> <b>Introductory</b>	<u>      </u> <b>Working</b>	<u>  X  </u> <b>Closing</b>	<u>      </u> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** 6-18

**Materials Needed:** Star Light, Star Bright Activity Sheets - one per participant.

**Outline of Activity** (How to do it in a clear, concise form):

This activity applies to the age-old method of wishing upon a star to improve group communication and set goals. It makes a nice culminating activity for a team building session. Use it any time you want people to think about possibilities rather than impossibilities.

*Dare to dream. Children make wishes and actually expect them to come true. Adults often make wishes and doubt that they could ever possible come to pass. Here's a phrase I hear often: "I wish this company could get it together, but I know it never will." We've learned to protect ourselves so we don't get hurt -- too much.*

Ask participants if they have heard the poem, "Star light, star bright, first star I see tonight; I wish I may, I wish I might, have the wish I wish tonight." Explain that children are encouraged to say this and then make a wish when they see the glimmer of the first star in the sky. Encourage participants to think of a wish they have for the team if their time together has shown them a glimmer of hope. Pass out the stars and ask participants to write their wishes for the team on the stars. When they've finished, ask participants to stand in a circle. Explain that their sky is now the floor in front of them. Repeat the rhyme. When you finish, ask participants to come forward one at a time to place a star in the circle on the floor and state a wish.

This activity can be light or serious. Respect the tone. You can buy sky charts that participants can place the stars on.

*Note: As a variation, have participants place stars in a cluster on the wall.*

**Goal** (Expected Outcome):

Team building; getting closure; meeting starter.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

Processing is optional.

What was most difficult for you during this game?

How could it have been better?

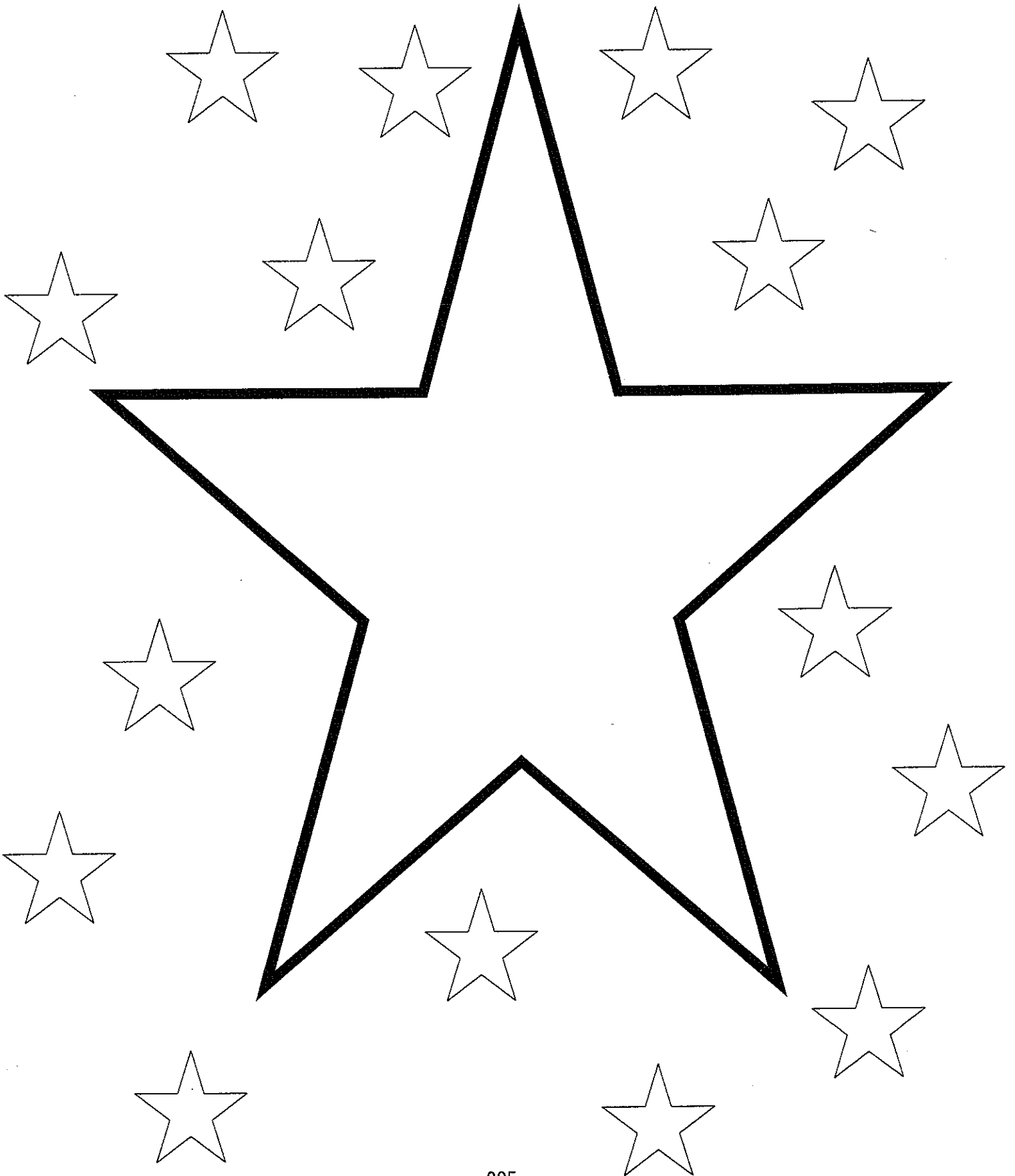
What did you learn from this game?

Is this a competitive or cooperative game?

**Source:** Getting Closure



star light, star bright



## Activities for Groups

<b>Title</b>	<b><i>Closure and Evaluation</i></b>			
<b>Type</b>	<u>      </u> <b>Introductory</b>	<u>      </u> <b>Working</b>	<u>  X  </u> <b>Closing</b>	<u>      </u> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** Unlimited (divided into small groups)

**Materials Needed:** Copies of list below or one copy of list on newsprint

**Outline of Activity:** (How to do it in a clear, concise form)

The participants are to complete the unanswered statements and share their answers in a small group.

- I learned that...
- I was surprised that...
- I was reminded...
- I especially enjoyed...
- Some things I wish had been different were...
- I never knew...
- I plan to change...

**Goal: (expected Outcome)**

To put closure on the conference. Participants will make mental notes of personal goals they want to accomplish.

**How to Process:** (As a facilitator, What points need to be covered after completing activity?)

Ask for volunteers to share some of the answers they heard in their small groups.

**Submitted By or Source:** Sandra Peyser Hazourt and Miriam Smith McLaughlin, Warm Ups and Wind Downs

## Activities for Groups

<b>Title</b>	<b><i>Family Puzzle Pieces</i></b>			
<b>Type</b>	<input type="checkbox"/> <b>Introductory</b>	<input type="checkbox"/> <b>Working</b>	<input checked="" type="checkbox"/> <b>Closing</b>	<input type="checkbox"/> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** 5-15

**Materials Needed:** One large poster board (bright color), markers/pens, and scissors

**Outline of Activity:** (How to do it in a clear, concise form)

Have group design puzzle pieces (the number of pieces same as number in the group). Cut out pieces. Everyone takes a piece and puts his/her name on one side. Each person writes a positive personal message on everyone's individual puzzle piece. This continues until each person has signed all the puzzle pieces

**Goal (Expected Outcome):**

Each group member takes from the group a puzzle piece, carrying a personal message to him/her from every other group member. A keepsake of the family group which may be treasured. This also represents that each person in the group is a special part of the family group unit, that each piece is needed to make the family whole. This could be reflected upon after the activity or during the activity. Many teens talk about reunion - getting together - putting the puzzle together again.

**How to Process** (As a facilitator, What points need to be covered after completing activity?):

- What does this puzzle piece mean to you?
- What will you do with it?
- How do you feel when you look at it?

**Submitted By or Source:** Unknown

## Activities for Groups

<b>Title</b>	<b><i>One Last Word</i></b>			
<b>Type</b>	<input type="checkbox"/> <b>Introductory</b>	<input type="checkbox"/> <b>Working</b>	<input checked="" type="checkbox"/> <b>Closing</b>	<input type="checkbox"/> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** Unlimited

**Materials Needed:** None

**Outline of Activity** (How to do it in a clear, concise form):

- Family group forms a circle.
- Ask the participants to think of a word that describes how they are feeling at the end of the conference.
- Each person shares his/her "one last word."

**Goal: (Expected Outcome)**

To put closure on the group

**How to Process:** (As a facilitator, What points need to be covered after completing activity?):

Ask the participants what kinds of feelings they heard.  
Acknowledge some of the feelings you heard expressed in the circle.

**Submitted By or Source:** Sandra Peyser Hazouri and Miriam Smith McLaughlin, Warm Ups and Wind Downs.

Activities for Groups

**Title** *Appreciation Circle – Any Meeting*

**Type**     **Introductory**     **Working**     **Closing**     **Game**  
(Getting to Know    (Growing Risk,    (Saying Goodbye,    (Active Exercise  
Each Other, Low    Personal    Ending)    for Group building  
Risk)    Awareness)    and Fun)

**Optimum Group Size:**    5 - 15

**Materials Needed:**    None

**Outline of Activity** (How to do it in a clear, concise form):

Group stands in a circle with arms around each other's shoulders. Members voluntarily share something they appreciate about the group. For example, "Jim, I appreciate your sharing that story about your friend because I've had the same thing happen to me and it helped to hear you talk about it." or, "I appreciate the support you guys gave me, it helps a lot."

**Goal** (Expected Outcome):

To put closure on the group by allowing the members to reflect on the positive things they got out of the group.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

None needed

**Submitted by or Source:**    Unknown

## Activities for Groups

<b>Title</b>	<b><i>Pinwheel Hug – Any Meeting</i></b>			
<b>Type</b>	<u>      </u> <b>Introductory</b>	<u>      </u> <b>Working</b>	<u>  X  </u> <b>Closing</b>	<u>      </u> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** 10 - 20

**Materials Needed:** People and space!

**Outline of Activity** (How to do it in a clear, concise form):

Group stands in a circle holding hands. One person breaks his link with the person on his right. That person then walks to the center of the circle still holding hands with the person on his left. Everyone is still holding hands except for this one break. The person who had been on the center person's right then begins to walk clockwise around the circle. Everyone follows him. They spiral in tighter and tighter until they are a snug pinwheel. On the count of three, the group gently squeezes.

*NOTE: This activity is especially useful when the center person is someone who needs support from the group.*

**Goal** (Expected Outcome):

To put closure on the group and allow everyone to feel the hug of everyone else.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

None needed

**Submitted by or Source:** Unknown

Activities for Groups

Title *Texas Hug – Any Meeting*

Type  Introductory  Working  Closing  Game  
(Getting to Know Each Other, Low Risk)  
(Growing Personal Awareness)  
Risk, (Saying Goodbye, Ending)  
(Active Exercise for Group building and Fun)

Optimum Group Size: 5 & up

Materials Needed: None

Outline of Activity (How to do it in a clear, concise form):

Group stands in a circle with arms around each other's shoulders. Everyone counts to three and on the count of three take a giant step into the circle with his/her left foot.

Goal (Expected Outcome):

To put closure on the group.

How to Process (As a Facilitator, What points need to be covered after completing activity?):

None needed

Submitted by or Source: Unknown

## Activities for Groups

**Title** *Add Another One – Any Meeting*

<b>Type</b>	<u>      </u> <b>Introductory</b>	<u>      </u> <b>Working</b>	<u>  X  </u> <b>Closing</b>	<u>      </u> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** 5 - 15

**Materials Needed:** None

**Outline of Activity** (How to do it in a clear, concise form):

Two people hug. Then while still hugging with one arm, they “open up” and yell “ADD ANOTHER ONE.” A third person joins. They do a “Texas Group Hug,” and then swing open and yell “ADD ANOTHER ONE.” A fourth person joins, hugs; the group yells for another one, etc.

**Goal** (Expected Outcome):

To make all people in a group feel included and to have fun.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

None needed

**Submitted by or Source:** Christina Severance and Bethany Badger, Youth To Youth Conference 1988



## Activities for Groups

<b>Title</b>	<b><i>You Remind Me...Analogies</i></b>			
<b>Type</b>	<input type="checkbox"/> <b>Introductory</b>	<input type="checkbox"/> <b>Working</b>	<input checked="" type="checkbox"/> <b>Closing</b>	<input type="checkbox"/> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** 5 - 15

**Materials Needed:** None

**Outline of Activity** (How to do it in a clear, concise form):

The group picks one person. Each member of the group tells what this person reminds him/ her of, using symbolism and then gives reasons of this response. Compare the person to a thing which may at first seem unlike him/her, but actually has many aspects in common with that person. For example, "John reminds me of a good book - with turning every page I learn something new, and I am always eager to keep turning those pages." Or: "June reminds me of a puppy - always playful and ready to go. If she had a tail, it would always be wagging!" The group continues until every person has been the center of attention.

*Variation:* Time may not allow you to have everyone do everybody else, so you may want to go around in a circle. This way, everyone does the person next to him/herself, then you can reverse the circle so the other neighbor is also done.

**Goal** (Expected Outcome):

The goal is to allow each member to sum up what he/she has learned about the others through creative thinking in a fun fashion.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

Were other people's perceptions of you consistent with your own? Why or why not?  
How did it feel being talked about in this way?  
What did you learn about yourself? About others?

**Submitted by or Source:** Family Group (The Scopes) 1983 June Conference

## Activities for Groups

**Title**

***Keepsakes***

<b>Type</b>	<u>      </u> <b>Introductory</b>	<u>      </u> <b>Working</b>	<u>  <b>X</b>  </u> <b>Closing</b>	<u>      </u> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** 5 - 15

**Materials Needed:** Markers and large sheets of paper (easel stand size)

**Outline of Activity** (How to do it in a clear, concise form):

Each member of the group receives some markers and one sheet of paper. Each person then draws something in the center of the paper that represents him/herself. For example, the person might draw one of his/her favorite possessions, a favorite book, a pet, etc. After all members have completed their drawings, the papers are then passed around and everyone signs each paper (much like signing a yearbook). This is also a good way to exchange addresses and phone numbers.

**Goal** (Expected Outcome):

To allow participants to have something to take home with them which they may look back on and remember the people they met and the experiences they shared.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

What does this piece of paper mean to you? What does it represent?  
What will you do with it?  
How do you feel when you look at it? Why?  
What did you learn about yourself? About others?

**Submitted by or Source:** Family Group at Youth to Youth 1983 Conference

## Activities for Groups

**Title** *Give Me A Hand*

<b>Type</b>	<u>      </u> <b>Introductory</b>	<u>      </u> <b>Working</b>	<u>  <b>X</b>  </u> <b>Closing</b>	<u>      </u> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** 5 - 15

**Materials Needed:** Paper, magic markers, pens or pencils, and tape

**Outline of Activity (How to do it in a clear, concise form):**

Give each group member a piece of paper and magic marker. Instruct them to trace the outline of their hand. They then tape the outline of their hand to their backs. Walking around the group, each member writes something on the other members' hand. Remember to emphasize that members are to be positive. Each member now has a memento from everyone in the group to take home.

**Goal (Expected Outcome):**

The group members will have a chance to share what they have learned about each other and to take home a reminder of the other members.

**How to Process (As a Facilitator, What points need to be covered after completing activity?):**

What does this paper mean to you?  
What will you do with it?  
How do you feel when you look at it?  
What did you learn about yourself? About others?

**Submitted by or Source:** Unknown

## Activities for Groups

<b>Title</b>	<b><i>Good News</i></b>			
<b>Type</b>	<u>      </u> <b>Introductory</b>	<u>      </u> <b>Working</b>	<u>  <b>X</b>  </u> <b>Closing</b>	<u>      </u> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** 5 - 15

**Materials Needed:** A sheet of paper and magic markers

**Outline of Activity** (How to do it in a clear, concise form):

Place a large piece of paper in the center of the group and allow each member to write or draw a message to the whole family on it. When everyone has had a chance, each person can then tear off a piece and take it home with them.

**Goal** (Expected Outcome):

This activity provides a symbolic closing for the group and allows everyone to take a piece of the group home with them.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

- What does your little piece of paper represent?
- Why did you tear that part off to keep as yours?
- How does it feel to say goodbye?
- What did you learn about yourself? About others?

**Submitted by or Source:** Unknown

## Activities for Groups

<b>Title</b>	<b><i>No Deposit! No Return!</i></b>			
<b>Type</b>	<input type="checkbox"/> <b>Introductory</b>	<input type="checkbox"/> <b>Working</b>	<input checked="" type="checkbox"/> <b>Closing</b>	<input type="checkbox"/> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** 5 - 15

**Materials Needed:** Paper and pencils or pens (facilitator later needs envelopes and stamps with addresses for all family group members).

**Outline of Activity** (How to do it in a clear, concise form):

At the last meeting of the group, have the participants write a letter to themselves. It can be about what they learned at the conference or what they are feeling about themselves - which usually works best. Have them add their addresses. The facilitator should collect these letters and then THREE MONTHS LATER mail the letters back to the owners.

**Goal** (Expected Outcome):

The goal is to allow the group to experience and reflect upon personal thoughts and feelings three months later. It allows each individual the opportunity to see how he/she has grown, and/or changed his/her attitudes.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

The facilitator should discuss the goal with the members of the group, as they will not receive their letters until three months later.

**Submitted by or Source:** Unknown

## Activities for Groups

<b>Title</b>	<b><i>Brown Baggin' It</i></b>			
<b>Type</b>	<u>      </u> <b>Introductory</b>	<u>      </u> <b>Working</b>	<u>  X  </u> <b>Closing</b>	<u>      </u> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** 5 - 15

**Materials Needed:** Paper, writing utensils, paper bags (enough for all members of the group)

**Outline of Activity** (How to do it in a clear, concise form):

At the last family group meeting, everyone writes notes to each member of the group. What is written should be what the person thinks and has learned about the other person. It should also be positive. The person then puts it in the brown bag designated as that of the person to whom the notes are being written. After everyone has put a note in each person's bag, each person rolls up the top of his/her bag to close it. The notes are not to be read until the person gets home.

**Goal** (Expected Outcome):

This activity allows the participants to express the friendship and closeness gained through the group sessions. It also provides a keepsake for each member and may be looked at many times, along with providing the opportunity for reflection on experiences and relationships at the conference.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

None needed (explain the goal beforehand).

**Submitted by or Source:** Youth to Youth

Activities for Groups

Title	<i>Thank You Notes</i>			
Type	<input type="checkbox"/> <b>Introductory</b>	<input type="checkbox"/> <b>Working</b>	<input checked="" type="checkbox"/> <b>Closing</b>	<input type="checkbox"/> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** Any

**Materials Needed:** Paper or ready made note cards, pens, colored pencils, crayons

**Outline of Activity** (How to do it in a clear, concise form):

Leader discusses importance of expressing appreciation as well as the joy of receiving those expressions. Have everyone in the group write thank you notes to each other, one note for each member of the group. They can decorate them if they like. Give examples of what they might write:

Thanks for being my friend.  
I'm glad you are in my family group, thanks for being here.  
Thanks for sharing your...

**Goal** (Expected Outcome):

The participants are able to express, through reflective thinking, the closeness and friendships that were gained during family group sessions.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

How did you feel when you had to write the notes?  
How did you feel when you received a thank you?  
What did you learn?

**Submitted by or Source:** Michelle Karns, The Trick Bag

## Activities for Groups

<b>Title</b>	<b><i>The Web of Friendship</i></b>			
<b>Type</b>	<input type="checkbox"/> <b>Introductory</b>	<input type="checkbox"/> <b>Working</b>	<input checked="" type="checkbox"/> <b>Closing</b>	<input type="checkbox"/> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** Unlimited (divided into small groups)

**Materials Needed:** yarn

**Outline of Activity** (How to do it in a clear, concise form):

Ask participants to stand in a circle. The first person, holding on to one end of the yarn, throws the ball to another person and says something positive about that person to the group. When the ball of yarn is tossed to the next person, the previous person continues holding onto some yarn. The activity stops when everyone in the circle has a part of the web and a compliment.

**Goal** (Expected Outcome):

To build community, and to establish trust.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

None needed.

**Submitted by or Source:** Marjorie Jacobs, Building A Positive Self-Concept



## Activities for Groups

<b>Title</b>	<b><i>Spinning Yarns</i></b>			
<b>Type</b>	<input type="checkbox"/> <b>Introductory</b>	<input type="checkbox"/> <b>Working</b>	<input checked="" type="checkbox"/> <b>Closing</b>	<input type="checkbox"/> <b>Game</b>
	(Getting to Know Each Other, Low Risk)	(Growing Risk, Personal Awareness)	(Saying Goodbye, Ending)	(Active Exercise for Group building and Fun)

**Optimum Group Size:** 5 - 15

**Materials Needed:** Ball of yarn and scissors

**Outline of Activity (How to do it in a clear, concise form):**

Have everyone sit or stand together in a circle. Wrap the end of the yarn around yourself and pass it to the right, letting each participant wrap the yarn around himself before passing it on.

**Goal (Expected Outcome):**

The facilitator then asks, "What does the yarn symbolize?" After processing, allow each person to cut themselves free and save their piece of yarn to take home with them.

**Submitted by or Source:** Unknown