

**UNITY WORLDWIDE MINISTRIES
EASTERN REGION YOUTH OF UNITY**



FAMILY GROUP MATERIALS

TIPS FOR FAMILY GROUP LEADERS

Take Time to Be Centered: Spend time in meditation or prayer to connect with God. When you are centered, your group will be centered.

Focus on the Group: Always start by centering and connecting the group with an opening prayer even if you are starting late. Use the prayer provided or use it as an example to create your own. Ask the group to focus when you need their attention. If people are having trouble staying focused on one activity or discussion, try another centering prayer or take three deep breaths as a group.

Set the Tone: Your energy sets the tone for each activity. The group will pick up on your energy. If the next activity is light, keep it light. If it is quiet, keep it quiet. Use your example, your words, and your actions to guide the group.

Be Prepared: Read and understand the material before you begin the Family Group time. Check the materials and supplies before the activity. Clarify any questions about the material during the Family Group leader meeting.

Let the Group Do the Discussion: You may need to become comfortable with waiting for a response from people in the group. BE OKAY WITH SILENCE! Discussion means more than one answer and everyone's input is valid. Allow several people to respond before moving on.

Keep It Moving: Avoid dragging out activities as this creates boredom and lack of focus.

Time: Be on time or early to each Family Group meeting so that the group can start on time. Check the timing in your Family Group material before you begin each session. Watch the time during the workshop. Be willing to stop an activity if the next one needs to start. If the needs of your group require you to change or skip an activity, do this at your discretion while honoring the input of the Regional Team and the overall goal of the material.

Encourage Everyone to Participate: Allow a person the right to pass, but be aware of the tendency of some people to dominate and some to hold back. Remind everyone that each person and all ideas are important.

Closing: Always take time for a Closing Circle even when running late. Do a short prayer, a Yeah God or a group hug to acknowledge the end of the time spent together.

Other Groups: Try to maintain a normal conversational level of talking because there will be other groups nearby. Be aware of quiet times of prayer and meditation in other groups around you, and keep the level of noise down.

Heart Agreements: Be familiar with the Heart Agreements, and remind individuals of these agreements if necessary.

Optional Activities: Keep your Family Group together during the entire time allotted for Family Group. If your group finishes early, do one or more of the optional activities until the end of the Family Group time. Do not close your Family Group early.

Additional Help: If you need any advice or assistance at any time during your Family Group, please ask the Family Group Coordinator.

Thank you for serving your region as Family Group Leader – you are a blessing!

EASTERN REGION Y.O.U. SPRING RALLY

JOY IN THE JOURNEY

FAMILY GROUP #1	Friday Evening
	8:00-9:00 PM (1 hour)

Opening Prayer:

Leader: Begin the Family Group by joining hands and reading the Opening Prayer

Prayer: As we gather here in the harbor of safety, we are thankful for fellowship and family. We hold that we will be strengthened, restored and inspired with love. Divine Spirit, fill us with peace so that as we journey onward, we can pour out our love and joy to others. Amen.

Affirmation:

Leader: Introduce the Affirmation. Read the Affirmation out loud; then invite everyone in the group to say the Affirmation together.

Affirmation: I am mindful of the joy in my life and grateful for all of my blessings.

Quote:

Leader: Invite a member of the group to read the Quote. Once the Quote is read, invite everyone to take in the words, and ask the reader to read the quote a second time

Quote: A journey of a thousand miles begins with one step. Lao Tzu

<u>ACTIVITY 1 - GETTING ACQUAINTED</u>	5 minutes
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Going around the circle, have each person introduce themselves by stating:

- name
- chapter
- number of Rallies attended
- someone in your life that has supported you in some way

Leader: Be sure to welcome any first timers and offer to be available throughout Rally to answer any questions or address any concerns.

<u>ACTIVITY 2 – IMAGINARY BALL GAME</u>	10 minutes
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Materials: None

Leader: Let the group know that this is a game to help everyone learn everyone’s name. Have everyone pay attention as each person in the group says their name one more time. The leader will start the game by calling out the name of a type of ball, i.e. tennis ball, bowling ball, ping pong ball, beach ball and then calling out the name of a person around the circle and throwing the ball to

them. The person catching the ball pretends to catch the type of ball that the first person called out. That person then calls out a different name and throws the imaginary ball to that person. Play continues until all people have caught the ball once. At that time, the last person catching the ball calls out the name of a different type of ball, and then play continues. Instead of a ball the person could call out a watermelon or egg or some other object to add to the fun. Repeat until time is up.

<u>ACTIVITY 3 – 50/50</u>	10 minutes
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Set Up: Divide into two teams. If you have an uneven number, one person may play more than once in a round.

One person will need to keep score. Each team selects one of their members to move towards the center and face each other.. One of the two people will make a statement about themselves. The other player must guess if the statement is true or false.

If the person guesses correctly, he or she gets a point. Then, the next person takes his or her turn. After the first two go, the teams choose 2 more players. Continue until all players have had 1 or 2 turns. The team with the most points wins.

<u>ACTIVITY 4 - HEART AGREEMENTS</u>	10 minutes
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Materials: large sheet of paper, markers, masking tape

1. As the leader, take a couple of minutes to explain to your group the purpose of a Family Group. Share how the groups are designed to be a safe place where each of us is free to be ourselves and to experience acceptance and love. The Family Group works together during all of the Family workshops scheduled during the rally. It is important that each person is present and on time for each workshop in order to build the consciousness of love and support that is shared in the group.
2. Explain to the group that to create a safe environment, there are certain agreements that must be discussed and agreed upon. Ask the group what agreements they would like to have to feel safe and have a good experience together.
3. Create a poster of the Agreements that the group suggests and feels comfortable with.
4. Some important agreements for the Family Group appear below. Feel free to suggest any or all of them and to put them in the words the group feels comfortable with.
 - Be on time – if one person is late, it affects the whole workshop.
 - Participate enthusiastically in all activities.
 - Do not criticize, put anyone down, interrupt, or be sarcastic.
 - Give loving attention to each person sharing.
 - Know that there 3
 - are no right or wrong answers.
 - Respect every one's right to pass at any turn.
 - Be supportive of one another at all times.

- Keep what is shared in confidence with this group.

Leader: Please share exception to confidentiality rule: We are legally and morally bound to report situations that indicate a danger to yourself or someone else.

5. Other possible agreements are:
 - We will listen with our hearts and not interrupt one another.
 - We will behold the Christ in each person.
 - We will end each Family Group with hugs.
6. When everyone has agreed upon the Heart Agreements and feels comfortable with them, have each person sign the poster, committing themselves to the group and the group's agreements.
7. Tape your Heart Agreement up on the wall where your group meets.

<u>ACTIVITY 5 - THEME DISCUSSION & LOVE NOTE BAGS</u>	10 minutes
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Materials: white paper bags, markers, masking tape

Pass out the love note bags to each member of the group. Explain that

- Each person receives a bag in which to collect “loving thoughts” from other members of their Family Group throughout the weekend, as well as from others here at rally.
- A table is set up to provide notepaper, markers, stickers, etc. for writing these special notes to each other. This can be done after meals and during free time, but not during scheduled activities.
- Everyone should leave the love note table promptly when activities are scheduled to begin.

Then:

- Pass around the markers and encourage each person to personalize their bag by decorating it. Make sure they put their Name, Church, City and State somewhere on the bag where people can read them.
- When the bags are finished, put them up on the wall near your Family Group meeting space using the masking tape.
- If your Family Group is meeting in one of the cabins, put them in the hallway of the main meeting room on the wall next to your Family Group Number.
- Use the number in the bag and tape that to the wall in the hallway where your are hanging your love note bags.

Leader: Encourage Family Group members to write love notes to others in their group as well as other groups throughout the weekend and place them in their bags. Remind them how nice it is to give, receive and read these love notes after the weekend is over.

Theme Discussion: As you are creating your beautiful love note bags, take some time to think about what the theme of this rally means to you. While sharing markers, share your ideas together. The following questions may be used as discussion prompts, but feel free to ask different questions based on where the discussion goes in your particular group.

- What do you do to help you find joy in your life?
- What kinds of things bring you joy?
- In your life, what are you most grateful for?
- What do you think is the relationship between gratitude and happiness?
- When the path of your journey seems dark, how do you find the light?
- In what ways do we allow our happiness to be diminished by others?
- What is the difference between fun and joy?
- What is the benefit of having a destination?
- Do you think there is a way to both accomplish challenging goals and enjoy the effort to get there? Explain.

Leader: Invite a member of the group to read the closing prayer.

Closing Prayer:

Mother Father God, We thank you for all the joy and love you brought to this group, and we see your light guiding us as we continue our spiritual experience through this amazing Rally weekend. Amen.

FAMILY GROUP #2	Saturday Morning
	9:45-11:00 am (1 hour and 15 minutes)

Opening Prayer:

Leader: Invite a member of the group to read the opening prayer or create one of their own.

Divine Spirit, we are so grateful for this opportunity to come together in peace, love and light. As co-creators of our world, we chose to come together to support one another and to actively choose what our experiences will be. We embrace this moment and each other as we continue our journey through life. Amen

Affirmation: Leader: Introduce the Affirmation. Read the Affirmation out loud; then invite everyone in the group to say the Affirmation together.

Affirmation: I am fully present in each new moment.

Quote:

Leader: Invite a member of the group to read the Quote. Once the Quote is read, invite everyone to take in the words, and ask the reader to read the quote a second time.

Quote: “Focus on the journey, not the destination. Joy is found not in finishing the activity, but in doing it.” -- Greg Anderson, Author, *Living Life on Purpose*

ACTIVITY 1 - CHECK-IN

5 minutes

Go around the circle giving each member of the group a chance to check-in, indicating how they are feeling now, how things are going for them at Rally, anything they have particularly enjoyed, or anything they have found challenging. This is a quick check-in with each person having about a half minute to share.

ACTIVITY 2 – JOYFUL JOURNEY

20 minutes

Materials: Chairs, Hula Hoops, Bean Bags, Container, Rope, Slips of paper with instructions.

Directions:

Make sure and move to a space that has room to maneuver. If weather permits, feel free to go outside. Place all of the supplies on the floor in the middle of the space.

Leader Say:

We are now going on a joyful journey together through an obstacle course. Each member of the group will be responsible for 1 part of the course. In a moment, I will pass out numbered instructions, which we will do in order. Read your instruction to yourself and do not share it with the group. Starting with Item 1 and ending with item 10, the person leading the obstacle or activity must get everyone to do the activity without speaking and without doing the activity themselves.

For example if your strip says: *1. Get every member of the team to jump in and out of the hula hoop five times.* you must use actions and sign language, which don't include the action on your strip, to get the team to complete the action. You can point to the hula hoop and act out jumping then show the number five with your hand but you are not allowed to go over to the hula hoop and jump in it the required number of times.

After the first person gets everyone to accomplish their task they must complete it themselves and then the cycle begins again with the person in the group with the next numbered instruction.

A list of all the actions on the strips of paper appear below:

1. Crawl under a string stretched between two chair legs.
2. Go through a Hula-Hoop
3. Standing about 3 feet from the hula hoop throw a beanbag into the circle created by the hula hoop lying on the floor.
4. Run in place while balancing a beanbag on your head
5. Somersault from one point to another
6. Skip in place for ten second
7. Do ten jumping jacks
8. Walk with each step starting where your last step ended (heel to toe) at least 5 steps.
9. Create a lasso with the hula hoop and string and “catch” a team member
10. Touch your elbow to a person who is shorter than you (if you're the shortest then the person who is the farthest from your height)

Discussion Questions:

- How was this activity for you?
- How did it feel to try to figure out a new way of getting people to understand what they needed to do in the game?
- Was there anything in the activity you found frustrating?
- How did you handle your frustration? Were you able to enjoy the game in spite of your frustration?
- During the game did you ever feel like you didn't know what you were supposed to do?
- In what way is this game similar to something you experience in your life?
- Do you think it's possible to experience joy all or most of the time?
- In your life, what do you find to be the the obstacles to experiencing joy.
- How do you think we can help ourselves experience more joy when doing things that are challenging?

<u>ACTIVITY 3 – BOATS</u>	40 minutes
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BUILDING YOUR VESSEL

Materials: Modeling Clay, Tea lights, Craft Supplies: (Sequins, feathers, glue, magic markers), Scissors, Paperclips, Small plates, Toothpicks and labels

Just as a boat helps you sail across the sea, there are many things in your life that can help you experience happiness in your life Journey. Some of these things might be your friends or family, your attitude and beliefs, your Spiritual practices such as prayer, meditation or use of denials and affirmations. Your family and friends become the hull of your ship which helps carry you. Your beliefs and values become the compass and your Spiritual practices are the tiller and sails of your ship that help you navigate and avoid hazards along the way.

To represent our aids to our life journey, we will fashion boats of clay and christen them. While they may not carry us across the sea, they will remind us of our life journey and all of the things that help us along the way.

Directions for Making the Boats:

Each group member may use up to 2 packets or the equivalent of clay to build their boat. Clay is divided into 1 oz. packets of various colors. Group members may choose 2 packets each or divide clay up so group members can use smaller amounts of several different colors. Primary colors can be mixed together to make secondary colors.

Use the clay to fashion the hull for your boat around the tea-light candle. It can be whatever shape that might present itself to you. Paperclips can be used to make designs in your boat. To further the uniqueness of your boat, use the sequins, feathers and any other supplies to decorate your boat. Keep in mind that feathers and flammable decorations should be kept out of the way of the candle. Your boat should be built so that you can light your tea light candle at a later time. Place boats on the small paper plates to dry.

As you construct your boat, allow yourself to think of a personal goal (destination) that has meaning for you.

Discussion During Building of Boats:

- Ask the group what they rely on for support in day to day life.
- What do they rely on in stressful situations that may not be a part of day to day life?
- Can you describe a time when your “boat” (things that support or aid you) seemed inadequate to the task? What did you do to overcome that challenge.
- In life, what kinds of things can we do to build a stronger, more seaworthy boat?

NAMING YOUR VESSEL

10 Minutes

Materials:

Pens/Pencils

Labels

Meditation:

Leaders say: It is traditional to christen a vessel before it sets out to sea. We are going to go inside ourselves to find a name for our boat that represents our journey. So I invite you all to get comfortable while holding your boat in your lap and to close your eyes. Take a deep breath and exhale slowly.....and again. Imagine you are standing on the shore with the boat you just made beside you.....You look out to sea. It is a vast, powerful expanse that you can see easily....until you hit the horizon. Who knows what is past the horizon.....But you feel the pull to find out. You push your boat in the water, jump in, and start paddling.....You start to feel a sense of peace out on the ocean.....You feel as if you can go anywhere, do anything. You have that potential.....Your boat pushes easily through the water as it carries you on this journey.....It is your strength.....Without it, this journey would not be possible.....Look into yourself. Search your heart for a name that represents the journey or any aspect of the journey that you and your vessel will be sharing. The name could be something that represents a personal goal or destination, a quality or experience you want to have more of in your life, or any other aspect of your life journey as you see it at this time.

(Pause for a bit while everyone finds a name)

Once you have found a name, hold it inside yourself. When you feel ready, bring yourself back to your chair and open your eyes.

Flags for Boats

Now give everyone the opportunity to place the name on their boat. Invite them to create a flag by placing 2 labels, sticky sides together on a toothpick and inserting the toothpick into their boat; or they may carve the name into their boat with a paperclip or toothpick.

Closing Prayer:

For the closing prayer, join hands, take a few centering breaths the go around the circle with each group member sharing the name of their boat. When it gets back to you close the prayer by saying

Dear God, Thank you for providing me with everything I need to learn, grow and experience joy. Amen

Leaders: Please have everyone bring their boats on their plates to display on the tables in the back of the meeting room. We will use them at the Sunday Service.

FAMILY GROUP #3	Saturday Evening
	6:30-7:45 pm (1 hour 15 minutes)

Opening Prayer:

Leader: Invite a member of the group to read the opening prayer or make up one of their own.

Dear God, Thank you for our life and the lessons we are learning each day. Thank you for the wonderful friends gathered here to listen and be heard with an open heart, a kind soul and a mind free of judgement. Together we create a space where it is safe to share surrounded by people who love us, care for us, and help us in any way they can to bring forth peace, love and joy. Amen.

Affirmation:

Leader: Introduce the Affirmation. Read the Affirmation out loud; then invite everyone in the group to say the Affirmation together.

Affirmation: When my path appears dark, I look to the light.

Quote:

Leader: Invite a member of the group to read the Quote. Once the Quote is read, invite everyone to take in the words, and ask the reader to read the quote a second time.

Quote: "I have said these things to you, that my joy may be in you, and that your joy may be complete." John 15:11

<u>ACTIVITY 1 - HEART TALK</u>	60 minutes
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Materials: tissues, heart

Leader say: The Heart Talk is a time to share from our hearts. It is a sacred time that empowers us through honest sharing and respectful and loving listening. This is a time to release anything that may be weighing us down or keeping us from being close to others. This is also a time to express the joys and blessings that are present in our lives. Our Heart Agreements are very important in this activity so that everyone feels safe in sharing with the group. What is shared in the group should stay in the group. The exception to the confidentiality agreement is if something is shared that represents a danger to yourself or others.

There are certain rules that are followed in the Heart Talk:

- Only the person with the heart may talk. The person talking receives love, undivided attention and deep listening from everyone in the group.
- No one should respond to someone else's sharing. This is not a time to offer advice or in any way to try to counsel or fix another. It is only a time to listen deeply to others and share from your own heart.
- Honor the inner strength and wholeness of each person in the group. Tearfulness during the Heart Talk should not be taken as a sign that the speaker needs physical contact from others in the group.

- The heart is sacred and should be handled with care. It is always passed to the left.
- Everyone has the right to pass.
- Be considerate about how long you talk. Monitor your sharing so you don't monopolize or take up more than your share of the time.
- The Heart Talk ends once the heart goes around the circle once with nobody sharing or once the time allotted has been used.

Leader: Begin the Heart Talk with the following meditation. While reading this meditation aloud to your Family, allow yourself time to listen to the words, you may also want to read through it once before reading it aloud. If you are giving yourself time to hear the words, then everyone else will have time to absorb them as well. Just don't close your eyes. When approximately 20 minutes are left in the Heart Talk, begin Activity 2 - Loving Reflection.

Meditation:

Find a comfortable position in which to rest. If you wish, you may sit on the floor. Take a deep centering breath, and continue to breathe deeply. As you do so, release all the tension in your body and expel any negative energy. With each inhale, breathe in peace....and light. With each exhale, breathe out any negative emotions. For a moment...allow the stress of yesterday....and the day before that...and any thoughts of tomorrow, slip away until there is only now, only the present moment. Feel the positive energy around you and affirm that you are safe. If you feel comfortable, take a moment to find and gently take the hands of the persons sitting to either side of you. Feel the love and light spreading from their fingertips into yours. Envision a bright and brilliant light spreading through your body and into the body of the people around you, until you form a perfect circle of light. Hear your heartbeats join as one. One entity. One love. Know that you are safe. Know that you are so loved, and treasured by each person present. Continue to breathe deeply and peacefully, enjoying the bond of love in your group. When you are ready, come back to the world, and when you are ready, open your eyes.

Leader say: The heart is in the middle of the circle and may be picked up by anyone in the circle to begin the Heart Talk.

<u>ACTIVITY 2 - LOVING REFLECTION</u>	20 minutes
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Leader say: The heart talk is a way to release negative aspects of our life that are keeping us from experiencing the life we want. As we share our hearts and reflect on life and its complications, it is easy to begin to focus only on the things that are serious and difficult. We may forget that God has given us free will and all the tools necessary to overcome any challenge in our life. We will begin to pass the heart around again with the following questions in mind.

- How can we change our experiences and look at things from another perspective.
- What can we do when we feel powerless or out of control?
- How can we remember God and Unity in times of trouble and crisis?
- How can we learn to see the lessons in things instead of the struggle?
- What are ways we can cheer ourselves up when we feel down?
- What effect does keeping an attitude of gratitude have on our life and perspective?

Leader: The heart talk ends when the time allotted is up or when the heart has gone around the circle with everyone passing. Please do your best to end the heart talk on time.

Finishing Heart Talk early:

If your group finishes early, your group may choose one of the optional activities found at the end of the Family Group material or the group may work on love notes in the remaining time. If you want to lighten the mood, a silly and fun optional activity “The Fruit Game” (Not Fruit Basket Upset) appears at the end of the Family Group Material. Please be mindful of nearby Family Groups in choosing any optional activities. Please keep your Family Group together during the allotted Family Group time.

Closing Prayer:

Leader: Invite a member of the group to read the Closing Prayer.

It is with an open heart and a clear mind that we move forward from this moment knowing that with every challenge we can turn inward to become aware of who we truly are: Divine beings of peace, love and light. We move forward with joy, aware of and expressing our Christ potential. Amen.

Leader: Please remind everyone to bring their cameras to the next Family Group meeting if they want to take a picture of their Family Group.

LEADERS

Please bring your family group bags to the staging area and sort your materials into the containers provided. Please help us by throwing away any markers, pens, or glue sticks that are dried out or used up, putting pens together and pencils together in rubber bands, and putting a complete set of markers in each box. Remember to pick up your “Sunday Bag” before tomorrow’s Family Group meeting. It will have everything you need for tomorrow’s Family Group meeting. Thank you!

FAMILY GROUP #4	Sunday Morning
	9:30-10:00 am (30 minutes)

Opening Prayer:

Leader: Invite a member of the group to read the opening prayer or make up one of their own.

Prayer: Thank you God for the past wonderful 2 days here at Spring Rally. Thank you for surrounding us with people who truly care about our well-being. Help us to experience more peace, love and joy in our lives. Amen.

Affirmation:

Leader: Introduce the Affirmation. Read the Affirmation out loud; then invite everyone in the group to say the Affirmation together.

Affirmation: In every moment I begin anew.

Quote:

Leader: Invite a member of the group to read the Quote. Once the Quote is read, invite everyone to take in the words, and ask the reader to read the quote a second time.

Quote: “Sometimes it’s the journey that teaches you about your destination.” Drake

<u>ACTIVITY 1 - CHECK-IN AND FEEDBACK</u>	10 minutes
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Materials: evaluation forms, pens

Ask group members how they are feeling, what they have liked about Rally, and what was most meaningful to them. While group members are checking in, pass out evaluation forms and request group members to provide written feedback to the team. Remember that the team has worked very hard and done their best to create a unique, spiritual and fun Rally experience. Feedback should come from a loving space and a desire to lovingly provide appreciation as well as helpful suggestions.

<u>ACTIVITY 2 – DISCUSSION</u>	5 minutes
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For those of us who have been to Rally before, we know the feeling we carry into our world after we leave Rally. It is sometimes difficult to hold this feeling if we are in environments we find challenging. We know it is possible to hold this “Rally High” outside of Rally, but how do we do it? Discuss how we might better know there is only light in our lives. Consider how we might overcome ideas such as fear or self-doubt. What support and resources do we have in our lives to help support us once we leave rally? Is there anything learned during Rally that will help us as we transition back to “the real world”?

<u>ACTIVITY 3 - GROUP PICTURE</u>	5 minutes
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Take pictures of your group for anyone who has brought their camera.

<u>ACTIVITY 4 - CANDLELIGHT APPRECIATION AND CLOSING</u>	10 minutes
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Materials: candle, candle guard, matches, small slips of paper, bag, pens

Have each person write their name on a slip of paper and put it in the bag. Pass the bag around and allow each person to pick a name from the bag. No one should reveal whose name they chose. If someone picks their own name, they should put the slip of paper back and pick another name.

Form a circle and light a candle. Invite each person to take a moment to send love to the person whose name they picked out of the bag. Then, beginning with a Family Group leader, the person holding the candle will tell the group what they appreciate about the other person without revealing who the other person is. Use “This person” to refer to the person and avoid pronouns that reveal

the gender of the person being appreciated. After saying a few words of appreciation, the candle holder gives the candle to the person they described. Continue until each person has honored someone in the circle.

Closing Prayer:

As a final closing prayer, the person holding the candle (Family Group leader) sends the candle around the circle to the left, saying as they pass the candle that person’s name and, “I see the Christ you are.” Once the prayer returns to you, say the following prayer or your own prayer with a similar sentiment to close the Family Group.

LEADERS

Please bring Sunday Bags and all materials to the staging area and sort materials in the containers provided.

Thank you for your service and dedication. We hope you enjoyed your experience!

Blessings and love from

Nia, Racheal, Jake, Rowen and Jane

OPTIONAL ACTIVITIES

The following activities may be used if your group finishes any of your Family Group meetings early and needs additional activities.

OPTION A - CIRCLE ACTIVITY

5-10 minutes

Have the group form a circle. Have one person stand in the middle of the circle. Have somebody time 30 seconds. During this 30 seconds everyone on the outside of the circle says really nice things to the person on the inside of the circle. (i.e. you’re beautiful, you have a very calming presence, you have an amazing voice, you have a great sense of humor that brings laughter to everyone around you, you are kind and thoughtful, you’re great at basketball, etc.) Don’t be afraid to have everyone talking at once. The effect should be a sort of torrent of compliments washing over the person on the inside of the circle. Once the 30 seconds is up have another person step into the center of the circle and repeat the process until everyone has had a turn on the inside of the circle.

If you want to make things a little more interesting, the group can combine this activity with the willow activity (Option D) so that each person is passed within the circle of trust and told positive things.

OPTION B - HUMAN KNOT

5-10 minutes

Form a circle with hands in the middle. Take the hand of someone in the circle. Do not take the hand of the person standing on either side of you. Do not take both hands of the same person. Now you have to untie the knot and re-form the circle without letting go of your hands.

OPTION C - CIRCLE MASSAGE

5 minutes

Have the group stand in a circle so that their shoulders are touching. Have the group turn to their right and gently massage the upper back and shoulders of the person on your right. After a few minutes, turn to the left and massage the back and shoulders of the person on the left. As you massage, send love and light to the person you are massaging.

OPTION D - WILLOW TRUST CIRCLE

5-10 minutes

Form a circle standing around a volunteer who stands in the middle. Have everyone in the circle stand shoulder to shoulder facing the center of the circle with hands held at chest height, palms forward. Each person should have one foot slightly behind the other for good balance. The people in the circle have become a summer breeze and the person in the center will be the willow.

The willow stands in the center of the circle with feet together, arms crossed over the chest, and eyes closed. Keeping the feet stationary and the body straight but relaxed, the willow lets go, swaying from side to side, forward and back. Those in the circle support the willow with gentle pushes of their palms. Make sure that there are at least two people supporting the willow at all times. Each person gets to be the willow in the wind, having the opportunity to trust others and experience the trust in the group.

Since the purpose of the activity is to provide an experience of trust, each member must contribute to a comfortable trusting environment by observing these guidelines:

- No talking or laughing.
- Do the activity in silence so everyone can experience the feeling of trust.
- Be smooth and gentle when moving the person around and pay attention to individual differences. (height, weight, degree of trust)

OPTION E - THE FRUIT GAME

5-10 minutes

One of the hardest things in life is self-control, which this activity accurately displays! Put chairs in a circle and have everyone stand up in front of their chair. Get everyone in your group to pick a different fruit. When the game begins, the person who starts says their fruit name, and then the fruit of another person in the circle. Example:

1st Person: "Lemon, Banana."

2nd Person: "Banana, Kiwi."

3rd Person: "Kiwi, Orange"

There are, however, two special rules to this game: You must keep your tongue out the whole time, and you cannot laugh! Anyone who does either is "out" for the remainder of the game. Anyone who is "out" sits down in their chair.

OBSTACLE COURSE INSTRUCTIONS

1. Crawl under a string stretched between two chair legs.
2. Go through a Hula-Hoop
3. Standing about 3 feet from the hula hoop throw a beanbag into the circle created by the hula hoop lying on the floor.
4. Run in place while balancing a beanbag on your head
5. Somersault from one point to another
6. Skip in place for ten second
7. Do ten jumping jacks
8. Walk with each step starting where your last step ended (heel to toe) at least 5 steps.
9. Create a lasso with the hula hoop and string and “catch” a team member
10. Touch your elbow to a person who is shorter than you (if you're the shortest then the person who is the farthest from your height)

