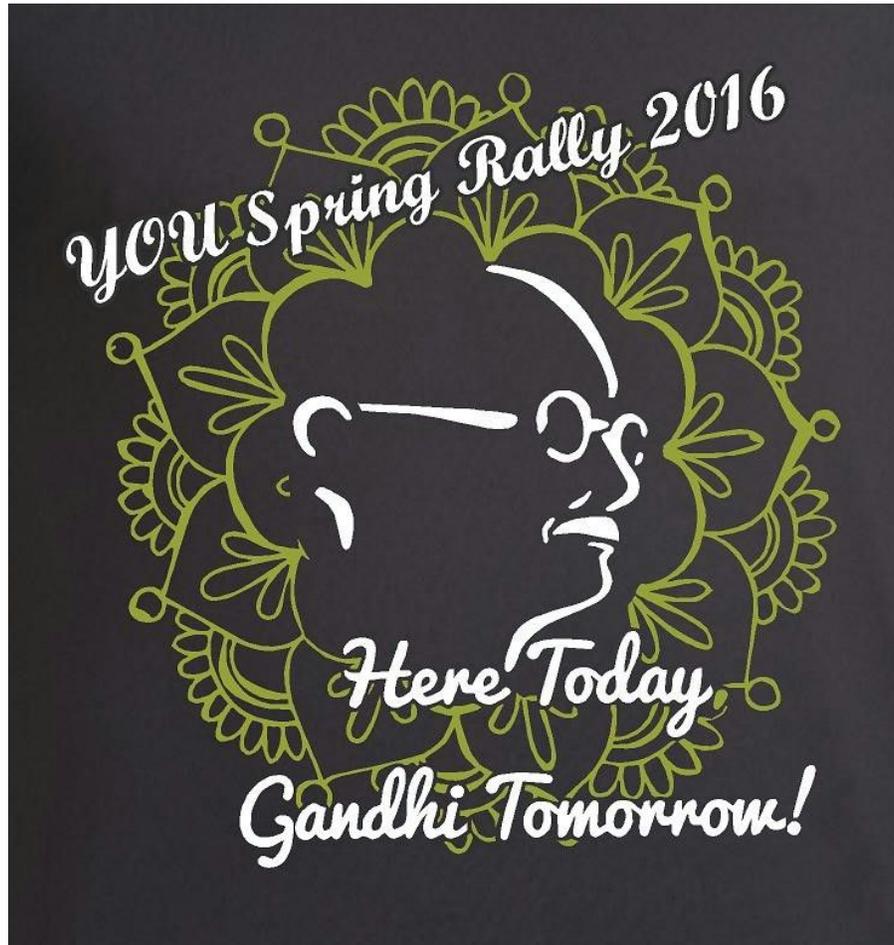


UNITY WORLDWIDE MINISTRIES EASTERN REGION
YOUTH OF UNITY



**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. Ask any questions you have 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 and present for 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 welcome and 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 may 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

Here Today, Gandhi Tomorrow.

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 focus on the changes that the Divine has for us we are grateful. Change gives us opportunities to grow, to learn and to become the best Self that we can be! Our physical and spiritual bodies change every moment. The Divine changes us to be the greatness that our Divine potential is! Thank you God! 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 the change in the world that brings the focus on the good in life.

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 believe that where there is pure and active love for the poor there is God also. I see God in every thread that I draw on the spinning wheel.

-Gandhi

<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.

ACTIVITY 2 – Understanding yourself and change	20 minutes
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Materials: Chakra System Handout

Leader say: This weekend we are going to learn about Gandhi and explore our own Chakra systems. So let's start with Gandhi- he was a believer in peace and nonresistance. He was a stoic man who was able to completely control his mind and thoughts. His body would be severely malnourished but he would still engage in physical activity because of his mind power! He remained in excellent health until his assassination at age 78 . His mindfulness led to many successful hunger strikes that he performed to convey his political statements.

Gandhi was the forefather of the peaceful civil disobedience movement. He credited his ability to be grounded to his life of being obedient to a loving God. He would express his obedience in several ways however his most famous meditative expression is his use of a spinning wheel to produce thread. He would wake up early in the morning and spend the first hour of the morning spinning and required his ashram; which is his group of followers, to do the same to allow them to ground and make connection with their spiritual centers.

The spinning of the wheel has been compared to the spinning of energy that the chakras naturally emit. Chakras are the life force centers within our bodies. When we have our chakras in alignment we are empowered and we are in the flow of life. When our chakras are not in alignment or blocked we experience negative effects i.e. lethargy, fear, pain and/or anxiety. Once we understand our Chakras we can listen to our physical and spiritual bodies and adjust our thoughts and intentions accordingly.

Now we are going to discover more about the Chakra systems that we have inside of us.

- Leader pass out the Chakra System Handout form and invite the different participants in your group to read the handout sections aloud.
- Once the handout has been read you can ask for questions or ask questions below:
 - How can we relate the spinning of the wheel to the spinning of the chakras?
 - How does the speed of the spinning affect the thread made? How does this work within our chakra system?
 - Can we control the spin of our system?
 - Is there a color that you see frequently during your meditation times?
 - How do different color visions make you feel?

ACTIVITY 4 - HEART AGREEMENTS	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 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.

ACTIVITY 5 - THEME DISCUSSION & LOVE NOTE BAGS	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 setup to provide note paper, 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 did you think of when you think of Gandhi and his life?
- What are some facts that you know about Gandhi?
- Gandhi had a picture of Jesus and Mother Theresa in his room- he honored them for their compassion- what people would you display in your room?
- Gandhi used a spinning wheel to center and meditate- what gets you in the meditation zone?
- How would you be a change in the world if you could do it tomorrow?
- How would you like to change your life?

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

Closing Prayer:

Peace fills my heart as I let go and let God. I am the essence of peace. I let peace flow through me. I feel the love of God that enfolds me always, and in this love, I am centered

and serene. I am at peace as I enter the Silence. It is in the Silence that I can explore my chakras and I am grateful. 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, I have gratitude as I deepen my awareness, I know I am always in the presence of God, the source of unlimited good. I keep my focus on God and become a channel through which the rich ideas of Spirit flow. I remain open and receptive to the divine flow, giving thanks in the Silence. 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 in the flow of the Divine, being what I am truly meant to be.

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: Be the change that you wish to see in the world. -Gandhi

ACTIVITY 1 - CHECK-IN	5 minutes
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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 – FEEL THE CHANGE	20 minutes
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Materials: Chakra Body Handout and pens

Leader: Gandhi practiced many religions and he followed the teachings of many spiritual masters including Jesus Christ. The use of chakras for meditation was a practice Gandhi mastered. Chakra alignment can lead to complete Self empowerment and being spiritually grounded when making decisions. Today we are going to do a simple chakra meditation so that

we can focus on the power of Self that we possess; connecting with this power allows us to understand that we have the power to change ourselves through meditation, prayer and daily affirmation. Change is a process of denying those things that no longer serves us and accepting what makes us connect to our Christ selves. Today we are going to explore our spiritual selves through a chakra meditation.

Chakra meditation:

- Get comfortable in your seat; become aware of the chair that is under you and your feet on the floor. Start and concentrate with the breathing exercise of saying “OM” with intention.
- Take your attention to your root chakra at the base of the spine. Envision the color red. Place the red color on the base of your spine. This will create a connection between you and the earth.
- Move to your sacral chakra that area under your belly button. Envision the color orange and place it over your chakra. This will activate your creativity and your desire to connect with others.
- Next is the solar plexus chakra, which is between the navel and chest. Envision the color yellow and place it between your navel and chest. Let the warmth of the yellow comfort you. This will create a unique power deep in you.
- Fourth chakra, focus on heart chakra which is in the center of your chest. Envision the color green color and concentrate on your heart radiating the color green. Magnify your power of love and send it out to your beloveds and back to yourself.
- Go to the next level of throat chakra. Envision on the color the blue over your throat, massaging it and making your vocal chords empowered and speaking words of understanding and power! Your throat is vibration and everyone has a unique voice that brings something special into this world.
- Go to your third eye chakra which is at the center of your forehead. Envision the indigo color glowing on your forehead, receiving the Divine ideas that may your life better and better! See your vision expanding.
- Now move to the crown chakra, which is at the top of your head. Envision a bright, vibrant light shining out of your body- like a beacon to others that are on a spiritual path.. This chakra will connect you with the spirit and to others that are radiating pure Spirit..
- Let the energy flow out from your crown and down over your body. While the energy flows in a body, you will have an aura- what color do you see? Auras change as we change. What color are you radiating with the most intensity as you explore all of the chakras from root to crown? Breath in- Breath out. Amen.

Leader: Pass out the chakra worksheet and pencils.

Leader say: Now we are going to write down silently the words that came to us during the meditation. As you write down the words you may see an affirmation forming that is deeply

personal to you. Write down that affirmation in the space provided. You will use that affirmation in the next activity.

Wait for all participants to finish with the worksheet and then move on to next activity.

ACTIVITY 3 – BE THE CHANGE FOR OTHERS	40 minutes
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Materials: Poster Board with person that is dealing with a life issue, Chakra circles inside of a paper bag, pens, handouts, markers and glue sticks.

Directions: Pass around the bag with the colored Chakra circles in it and allow each participant to take one out of the bag. Pass around the pens and the handouts. You will take the Poster Board with the Body outline and glue the Chakra circle in the appropriate location once it is filled out by participant. The participant can use marker or pen to write on Poster Board if the whole response can not fit on the Chakra Circle.

Leaders Say: You learned about how to use your awareness of your chakras to change yourself through meditation and affirmation. Now we are going to explore how we can interact with others in positive ways. Being aware of our spiritual selves and our emotions led us to interact with people with the intention of true understanding. Let's explore how we can take our self awareness and apply it to our interpersonal relationships?

As we pass the bag around please take a Chakra circle from the bag. Once you have selected your Chakra color, start to focus on the person that is going through a difficult time (Person on Poster Board). How would you use the Chakra to center and then approach the person lovingly. Let's sit in the Silence and allow our thoughts to flow to the solution that is loving and peaceful. As you thoughts surface write them down in your circle. When you are finished glue them onto the appropriate place on the Poster Board body outline. Allow everyone to finish so that the outline can be complete.

Discussion Questions:

- Is the color that you picked the color you connected the most to during the meditation?
- How did it feel to connect to someone's problem while connecting to specific parts of yourself?
- What is the Chakra that you relate to most, how do you connect to it?
- How can you strengthen your relationships through Chakra exploration?
- How can you benefit by getting in touch with your Chakra system before approaching issues in your life?

Closing Prayer: Thank you Divine Spirit for my awareness of Spirit. I am one with all life. As I let my inner light guide my thoughts and actions, I express kindness and compassion. I discover ways to promote harmony and well-being. Affirming world peace,

I envision a world where all people experience and express divine qualities of light and love. I hold this high watch of prayer, in the Silence. Amen.

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.

Thank You, God, for Your ever-present sanctuary of love and joy and peace within my heart. My only need is to savor Your sweet presence in my life. I trust—truly trust—that I am in Your care and that all is well. Thank You, God.

Affirmation:

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

Affirmation: I speak through my heart center and know that all of my intentions are pure and holy.

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: Happiness is when what you think, what you say, and what you do are in harmony.
-Gandhi**

ACTIVITY 1 - HEART TALK	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.

Heart chakra guided meditation script

- **Take a long and deep breath. As you exhale, move attention to your heart, and imagine an emerald green chakra. The life-symbolizing green glow of the chakra spreads from your heart to fill your chest first and then the rest of your body.**
- **Imagine standing under a large tree with a huge green canopy spreading in all directions. The wind rustles through its bright green leaves making a gentle flute-like sound. Start climbing the tree. As you move up, you pass thick branches laden with green. Even sunlight finds it hard to filter through the green leaves that provide a cool, soothing shade to you.**
- **You reach the top of the tree and get a panoramic view of the surrounding. In every direction you look, there is a sea of never-ending green of lush vegetation.**
- **The tree nurtures and nourishes you just as it provides strength, support and safety to all of its leaves.**

- **Now see your fourth chakra spinning and gaining strength. As it spins faster, a green light washes over you and permeates in every cell, every pore in your body.**
- **Breathe deeply and feel the energy funneling into your heart, which is bursting forth with fresh green leaves.**
- **Rest in this awareness.**
- **Gently start descending from the tree. You feel the love and care of the tree, whose branches support you on your way down. Once on the ground, look back up at the tree and feel one with it.**
- **When you are ready, open your eyes and arise.**

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.

ACTIVITY 2 - LOVING REFLECTION	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.

Closing Prayer: As I express divine qualities of love and compassion I lay the groundwork for peaceful interactions. I look into the eyes of others and see kindness and acceptance. I hold a vision of all people expressing love to one another, paving the way to peace. I affirm peace and harmony throughout the world as I pray in the Silence. 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 that I perceive chaos, God within knows peace.

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: My Life is my message. -Gandhi

ACTIVITY 1 - CHECK-IN AND FEEDBACK	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.

ACTIVITY 2 – DISCUSSION	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”?

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

ACTIVITY 4 - CANDLELIGHT APPRECIATION AND CLOSING	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.

Prayer: In these quiet moments, we have nurtured our souls in prayer. Spiritually nourished and uplifted, we prepare to return to the activities of our daily life and know we can take this feeling with us always. As we conclude this time of prayer, we are peaceful, energized, inspired, and ready to meet our good. We are divinely cared for each moment of every day, and we are grateful. Let us breathe a prayer of thanks for this truth and close together with the “Prayer for Protection”:

The light of God surrounds us; The love of God enfolds us; The power of God protects us; The presence of God watches over us. Wherever we are, God is. And all is well.

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

AVERY, EMMA, RACHEL, ZANDER AND DAVIENNE!

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.

<u>OPTION B - HUMAN KNOT</u>	5-10 minutes
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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.

<u>OPTION C - CIRCLE MASSAGE</u>	5 minutes
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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.

<u>OPTION D - WILLOW TRUST CIRCLE</u>	5-10 minutes
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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
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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.