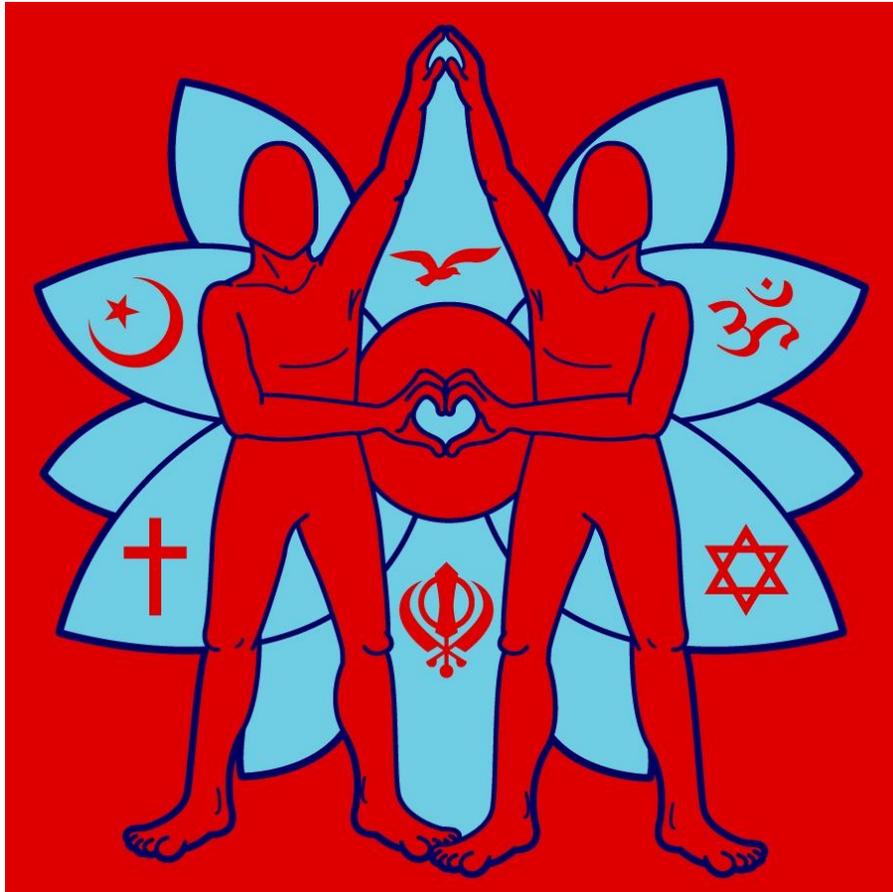


# EASTERN REGION YOUTH OF UNITY FAMILY GROUP MATERIALS



Me, Myself & *I Am!*

Y.O.U. Spring Rally 2008

## 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

April 25-27, 2008

## ME, MYSELF and I AM

### FAMILY GROUP #1

Friday Evening  
8:00-9:00 pm (1 hour)

**Affirmation:** I just am.

#### **Opening Prayer:**

Dear Heavenly Mother Father God,

As we come together for the first time, let us be free of outside troubles, if only for this weekend, and just be completely filled with love. During this weekend, let us learn the lessons that we need the most in our lives. Let us make new friends and get to know you God and in doing so, better know ourselves.

Amen.

#### **Quote:**

"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude." -Denis Waitley

### **ACTIVITY 1 – GETTING ACQUAINTED**

**5 Minutes**

Going around the circle, have each person introduce themselves by stating

- his/her name
- chapter
- how long in Unity and YOU
- and number of Rallies attended

### **ACTIVITY 2 – POSITIVELY ME BEAN BAG THROW**

**5 Minutes**

**Materials:** Bean Bags, Masking tape

Mark a square on the floor with masking tape. Mark a line on the floor with masking tape a distance from the square. Each person takes a turn throwing the Bean bag at the target from the masking tape line. If the bean bag goes into the square, the individual who threw it must say their name and one nice thing about themselves (Something they do well, a positive character trait, something they like about themselves, etc) If the bean bag misses the target, the person who threw the bean bag chooses one person in the group who must say something nice about the person who threw the bean bag. The person picked goes next. If no person has been picked, the person who tossed the bean bag chooses someone to go next. Continue until everyone has had a turn to throw the bean bag. Be sure that everyone uses each others names during the game to help everyone learn the names of all the members of the group.

### **ACTIVITY 3 – POSITIVELY WRITE AND RUN**

**5 Minutes**

**Materials:** Large Piece of Blank Paper or Paper on Clipboard, markers or pencils

Divide group into 2 teams and instruct each team to form a single line. Set a large piece of paper or the clipboard and paper and a marker a distance from each team. Give the group a 3 minute time limit and inform

the group that this is a race to see which group can come up with the highest number of positive things written on the paper. To accomplish this, the first person in line on each team runs to the paper and writes down their first name and something s/he is good at or a positive quality that s/he has. Once they have written something down they leave the pen by the paper, run back to their line and the next person does the same thing. Game continues until time is called. After the race is over bring both teams together and look at how many things the group was able to list. If you wish and can find room on the wall near you after the Family Group Bags are put up, you can put the positive statement pages on the wall with masking tape.

#### **ACTIVITY 4 –UNIQUELY ME**

**15 Minutes**

**Materials:** Index cards, Pens, paper

Pass out index card, a ½ sheet of paper and pens. Without showing anyone else in the group, each person writes down 5 unique qualities that they like about themselves on the index card. Instruct the group to put their names on the card and to return the cards to the leader when finished. Collect the cards and read the cards one at a time. Without sharing their guesses, each person tries to guess the identity of the person with those qualities and writes the guess on the paper. After reading the cards once through, the leader reads the cards again. At this point group members may verbally guess whose card is being read before the owner of the card admits to owning those unique qualities.

#### **ACTIVITY 5 – RALLY RECAP**

**5 Minutes**

Discuss as a group: what is rally, joysongs, announcement tradition, Regie talks, purpose of having Regies, heart agreements (keeping them is being in integrity with self), fuzzies, call for focus/silence, expectations, business meeting, elections, etc. Ask each person to share how many rallies they have been to. Ask first timers what questions/concerns they may have.

**Note to Family Group Leaders:** Please emphasize that during Rally, when one of the Regies or leaders raise their 2 fingers in the focus sign, all other Rally participants who see this should immediately raise their fingers in the same sign and focus silent attention on the speaker. Thank you for your help and support!

#### **ACTIVITY 5 – HEART AGREEMENTS**

**10 Minutes**

**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. Share the Group Covenants that follow and ask if the group feels that they understand what it means, if they can accept it, or if they would like to make some changes.

#### **Family Group Heart Agreements**

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 everyone's right to pass at any turn  
Be supportive of one another at all times.  
Keep what is shared in confidence with this group

**Exception: We are legally bound to report situations that indicate a danger to yourself or someone else.**

3. Ask if there is anything anyone wants to add to help him or her feel safe. You may suggest some possible additions if no one has any ideas, such as:
  - 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
4. When everyone has agreed upon the Heart Agreements and feels comfortable with them, create a poster of all the covenants and have each person sign the poster, committing themselves to the group and the group's agreements.
5. Tape your Heart Agreement up on the wall, where your group meets.

## **ACTIVITY 6 – THEME DISCUSSION & LOVE NOTE BAGS**

**15 Minutes**

**Materials:** White paper bags  
Markers  
Masking tape

**Love Note Bags:** 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. Remind everyone to leave the love note table promptly when activities are scheduled to begin.

Pass around the markers and encourage each person to personalize his/her 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.

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. Here are some questions to get you started. If you want, write down some of these answers to share with the team.

1. What does the theme "Me, Myself, & I am" mean to you?
2. For you, what is the difference between "me", "myself" and "I am"?
3. When you consider the questions "Who am I? What am I?", what comes to mind?
4. Has there ever been a time in your life when you felt like you "lost" yourself? What was that like?  
How did you find yourself?
5. If you wrote a book about your life, what would the title be?

**Closing Prayer:** Dear Heavenly Mother Father God, Thank you for this time that we had to become familiar with this group. Let us go forth into Rally with positivity & love in our hearts and clarity & peace in our minds. Amen.

**FAMILY GROUP #2**

**Saturday Morning  
9:40-10:50am (1 Hr and 10 Minutes)**

**Affirmation:** I AM a living wish for the world I perceive, with hands and feet to make it, a mouth to speak it, eyes to see it, and a heart to feel it.

**Opening Prayer:** Thank you Father Mother God, for the perfect world we live in; for the abundance of open doors of opportunity around every corner. May we always understand this connection, even if at times we forget.

**Quote:** “Be kind, for everyone you meet is facing a hard battle.” -Plato

**ACTIVITY 1 - CHECK -IN**

**10 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.

**ACTIVITY 2 - THE MANY ASPECTS OF “I AM”**

**25 Minutes**

**Materials:** Clues to find Lotus petals  
Treats for the end of the “Hunt”  
(The “Petals” have been hidden on sight by your Regie team)  
The Center piece for the Lotus Flower

**Note to Leaders:**

This activity is a scavenger hunt on the grounds of Tockwogh. Each member of the group will hunt for “petals” which will then be brought together and combine with the center piece that you will supply to create a whole Lotus Flower.

**Leaders Say:**

In this next activity our group will together be creating a Lotus Flower. The components which compose this Lotus Flower are eight to ten petals and a circular center piece. The petals represent qualities that everyone has, and which the Holy Spirit uses to express through us.

These qualities are:

- Imagination
- Life
- Love
- Strength
- Understanding

Will  
Wisdom  
Zeal  
Faith  
Release

Each member of the group will receive a rhyming clue that will lead them to one of the eight to ten lotus petals. The group leader will retain the center of the flower during the time of exploration and searching. The object of the game is to find all the petals and combine them with the center piece to make a whole lotus flower. All of the “petals” are located in or around the main building or on the way to or in the field in front of the “Tree” Cabins (Aspen, Beech, Chestnut, Dogwood, Elm) Please do not go beyond these areas. If you have not found your petal by (Give time limit) Please return here for additional help.

Leader: Pass out one “Clue” to each group member.

### **Summary of the Quest**

Once group has returned with petals, form the petals into a flower and place the center piece in the middle.

#### **Leaders say:**

Now that we’ve all brought our petals together, we can see that when we combine them, they help to form the I AM. These attributes on our petals allow us to express the truth of who we really are—the I AM presence. These are attributes that we all have because the I AM is indwelling in all of us. God is all there is, and when we define ourselves by these attributes of God, then we are recognizing that which we truly are. When we express any of these attributes, we are expressing God within ourselves. As we combine the power of all our attributes together, we have the ability to BE the I AM for ourselves and for each other in the world.

**Leader:** Present a reward (one or more of the treats) to each person. While group members are enjoying their treat lead the group in a discussion using the following questions as a guide. Be sure to check your time so that you begin the next “Inside-Out” activity with enough time to finish your I Am creations.

#### **Some questions for discussion:**

1. How did your petal’s location symbolize the virtue that the petal represents?
2. What role does the attribute you found play in your life?
3. What role does it play in civilization, and the world?
4. Are there other powers, virtues and qualities which were not included in the Lotus flower that are important to you in your expression of the I Am? Explain.
5. What did the quest for your Lotus petal represent?
6. Did you find that working with others, from different Family Groups helped you figure out the clue and find the item?
7. How does your reward relate to what you accomplished?

### **ACTIVITY 3 – ME - FROM THE INSIDE OUT**

**40 Minutes**

#### **Materials:**

Pens or pencils; Cutout People, Fabric, Yarn, Feathers, Sequins, Craft supplies; Tacky glue, Scissors

## **Leader Instructions**

Inside Out is a creative activity using the cutout figures and the wide variety of other materials (i.e. jean fabric, feathers, buttons, yarn), meant to show how who we are within creates who we are outside. Hand everyone a cutout person, scissors and a pen or pencil. Have each person cut out their “mini-me” person. When everyone has finished cutting their person out, lead your group in the meditation.

Remember to pause after each sentence to give your members an appropriate amount of time during the meditation to process your words and visualize. When they get to the writing, it doesn't matter which side of the cutout they write on.

## **Meditation:**

Relax into a position that is most comfortable for you. Inhale, exhale.

Close your eyes, and as light leaves, fall back into yourself, to somewhere central to your being. Where are you? What does it feel like? Wherever you are, a being approaches, walking toward you, whose presence fills you with joy. Each step seems effortless, and the ground around their feet seems to carry them toward you. The closer he/she gets, the more you realize it is yourself—smiling, approaching with open arms. This mirror image is your perfect self, the part of you that never forgets your eternal connection with your own divinity. This mirror self represents the full expression of your Divine potential unhampered by fear, or the appearance of limitation. Take a moment to behold the fullness and unlimited power of your perfect self. What do you like about this perfect self? What does your perfect self do that makes you proud? As you look into the radiant eyes of your own perfect image ask your mirror self: “Who are you? What are you?”

Now allow the mirror or any other thing that separates you from your perfect self to disappear. Allow yourself to be enfolded and embraced by your perfect self. Become one with your unlimited Divine potential. And now continue to answer the questions that you asked your mirror self: “Who am I?” “What am I?” Begin with the words “I am” and listen for the words that follow. (Pause)

And now if you will bring your focus back into this room, while continuing in the silent sacred space you have created. I invite you to open your eyes and pick up your pen or pencil and the cut-out of you. On one side of your cutout, write the words “I AM,” followed by the words that come to you and the traits you love about yourself. (pause for inner dialogue, meditating, and general scribbling)

Now, write down any final words that come to mind about what you love about this person, and anything you now know you can manifest in your life.

As we complete our time of meditation and reflection, we do so knowing that our perfect self is truly and always with us.

The words you have written are both a statement of who you are, and who you are becoming. While we might be showing many of these traits now, some of them might still be developing. On the other side of the cutout, we will be creatively expressing how this perfect self is manifesting physically! Think of this creative expression as something of a treasure map. Feel free to use any of the materials to create a you that reminds you of who you really are, what you want to be and what you want to express in the world. Such physical characteristics /hair type and color/ skin tone /eye color, and style of dress – may, but need not, match your current physical characteristics. Be as creative as you'd like in expressing something about the perfect you that you are. Crafty self-manifestation go!

**Closing Prayer:** Thank you, Father Mother God, for giving us the absolute potential to change and grow, and at the same time, thank you for grounding us in a body with which we relate to the world and wonderment that surrounds us. It is our oyster; we, the pearl. Amen.

**Affirmation:** I am responsible for my own Spiritual Growth.

**Quotation:** "I Am the miracle" - Buddha

**Opening Prayer:**

May God give you...  
For every storm, a rainbow,  
For every tear, a smile,  
For every care, a promise,  
And a blessing in each trial.  
For every problem life sends,  
A faithful friend to share,  
For every sigh, a sweet song,  
And an answer for each prayer.

**ACTIVITY 1 – HEART TALK**

**90 Minutes**

**Materials:** Box of Kleenex, Heart

Explain to your group in your own words what a Heart Talk is. It 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 can also be a time to express the joys and blessings that are present in your life. Your family agreements are very important in this activity so that everyone feels safe in sharing with the group.

There are certain rules that are followed:

- 1) Only the person with the heart may talk. The person talking receives love and undivided attention from everyone in the group.
- 2) No one should respond to someone else's sharing. It is only a time to share from your own heart.
- 3) The heart is very sacred. It should be handled with care and never thrown or mistreated. It is always passed to the left.
- 4) Everyone has the right to pass.
- 5) Be considerate about how long you talk. Monitor your sharing so you don't monopolize.
- 6) The Heart Talk ends once the heart goes around the circle once with nobody sharing or once the time allotted has been used.

**White Stone Meditation** (Leading into Heart Talk)

**Materials:** White Stones, Sharpies

**Leaders:** Before beginning the meditation, allow each group member to choose a stone from the bag of stones. Have sharpies available in the center of the circle.

As the Meditation is read, allow yourself to hear the words and feel everything that comes to you. During or at the end of the meditation write down a name, adjective, word or symbol that comes to you on the stone as your new name; the name you have found for yourself.

'To those who overcome, I will give some of the hidden manna. I will also give each of them a white stone with a new name written on it, known only to the one who receives it.'

Hold on to the stone. Turn it in your hands. Feel its cool, smooth surface. Think of the many particles which have worn down its surface, the knocks and erosion that have made it what it is.

Think of all the things you have to overcome. Your struggles and pains, the things which sometimes seem to be wearing you down. The things which make you doubt yourself. The things that stop you from accepting yourself. The things which prevent you from comprehending God's acceptance of you.

'To those who overcome, I will give some of the hidden manna. I will also give each of them a white stone with a new name written on it, known only to the one who receives it.'

Think of the God who made you. Who wove you together in the secret place. Who knows the desires of your heart. Who knows your struggles and pains, your doubts and fears. The things which stop you from accepting yourself.

Think of God's promise. To bring you on a journey to your true self. The person you were made to be. The name that you, alone will recognize. A journey of discovery of you.

'To those who overcome, I will give some of the hidden manna. I will also give each of them a white stone with a new name written on it, known only to the one who receives it.'

Hold on to the stone as a symbol of God's promise. To walk with you on a journey to your true self. To make for you a meal of hidden manna. And to show you who you were made to be.

Anyone who has not yet written their new name on their stone is invited to do so now.

**Leader:** Allow for a few moments of silence while group members who have not already done so, write their "name" on their stone; then 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."

**Leaders:** 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. If your group finishes early, allow the group to work on love notes in the remaining time, or your group may choose one of the optional activities found at the end of the Family Group material. 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.**

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

**Closing Prayer:**

May you see God's light on the path ahead

When the road you walk is dark.

May you always hear,

Even in your hour of sorrow,

The gentle singing of the lark.  
When times are hard may hardness  
Never turn your heart to stone,  
May you always remember  
when the shadows fall—  
You do not walk alone.

## **LEADERS:**

**PLEASE BRING YOUR FAMILY GROUP BAGS TO THE STAGING AREA AND SORT YOUR MATERIALS INTO THE CONTAINERS PROVIDED.**

**KEEP YOUR "SUNDAY BAG". IT HAS EVERYTHING YOU WILL NEED FOR TOMORROW'S FAMILY GROUP MEETING.**

## **FAMILY GROUP #4**

**Sunday Morning  
9:30-10:00 am (30 Min)**

**Affirmation:** I Am pure love and perfection, because I Am expressing God!

**Quote:** God is our Father and Mother, the one inspiration of all that we do, of all that we are. Why for a moment ignore this one All-Power? Why look to the insipid without, when the inspired within forever sparkles with the eternal youth, health, wisdom, and life?

- Charles Filmore

**Prayer:** Beloved Holy Spirit, thank you so much for the infinite wisdom, strength and understanding that resides in us all. Thank you for all of the connection we have experienced this weekend, and thank you for the strangers and friends that have so quickly become like family. May we acknowledge in them, and in everyone, perfection. We are your holy children, so everything that we encounter must be just as pure and glorious, if it is to be known by us. Let us honor this truth, and find no dissatisfaction anywhere. Our paths of life are blessed, for we are the messengers of God on Earth, and we are loved and protected by the Almighty who sent us. Unlimited good and perfect peace are our most natural qualities, and we must only remember our true selves in order to experience them. We are all God; we are all one. Amen!

## **ACTIVITY 1 – CHECK IN AND FEEDBACK**

**10 Minutes**

Materials: Evaluation Forms, Pens

Ask group members how they are feeling as well as what they have liked about rally and what they thought could improve or found challenging. While group members are checking in, pass out **Evaluation Forms** and request everyone 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 helpful suggestions.

## **ACTIVITY 2 – DISCUSSION**

**5 Minutes**

For those of us who have been to Rally, 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 negative environments. 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 Let Go and Live once we leave rally.

### **ACTIVITY 3 – OPTIONAL ACTIVITIES**

**10 Minutes**

**Leaders:** Choose or have your group choose any of the Optional Activities at the end of the Family Group Material or use this time to work on Love Notes.

### **ACTIVITY 4– GROUP PICTURE**

**5 Minutes**

This is a time for you to exchange pictures and addresses with other members in your group. If the members in your group would like to take pictures or get addresses, this is the time to do it.

**Closing Prayer:** Father Mother God, thank you for the opportunity to be able to experience this weekend, to grow and to share it with everyone here. Thank you for today and thank you for tomorrow, for the effects we have on the people around us, and ourselves. Amen!

PLEASE BRING SUNDAY BAGS AND ALL MATERIALS TO THE STAGING AREA

**THANK YOU FAMILY GROUP LEADERS FOR YOUR SERVICE AND DEDICATION.  
WE HOPE YOU ENJOYED YOUR EXPERIENCE!**

BLESSINGS AND LOVE FROM

*Gabby, Becky, Neil, Shelbi and Jane*

### **OPTIONAL ACTIVITIES**

The following activities may be used for Family Group #4 or 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—whatever wonderful things you feel toward the person). 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 so that each person is passed within the circle of trust and told positive things.

### **OPTION B – CIRCLE MASSAGE**

**5 Minutes**

Sit or stand in a circle, so that each member of the group is facing another member's back. Perform gentle massage on upper back and shoulders of person in front of you. After a few minutes, turn around and massage the back and shoulders of the person who was behind you. As you massage, send love and light to the person you are massaging.

### **OPTION C – 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 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.

Being 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:

1<sup>st</sup> Person: "Lemon, Banana."

2<sup>nd</sup> Person: "Banana, Kiwi."

3<sup>rd</sup> Person: "Kiwi, Orange"

**However, there are 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.

### **OPTION F FRUIT BASKET UPSET**

**10-15 Minute**

**Materials:** Chairs arranged in a circle. One chair for each player except the Leader who stands in the middle and has no chair.

**Instructions:** Ask group to name 2-3 tropical fruits. Go around circle assigning each player one of the two fruit names, alternating between the two fruits. Explain that the person in the middle will call out a name of one of the fruits or "Fruit Basket Upset!" If your fruit is called, you must move to a different chair but not the chair to your immediate right or left. If fruit basket upset is called, everyone moves to a different chair.

Rather than call out a fruit name the person in the middle may say something that might be common to other players.

Ex. "Anyone with brown eyes"  
"Anyone who likes pizza."  
"Anyone wearing tennis shoes."  
"Anyone at Rally for the first time."  
"Anyone who's been to Rally before"

Group members for whom the statement is true must immediately move to a different chair but not the chair to their immediate right or left. Leader then tries to sit in one of the empty chairs of the people who are moving to a new chair.

There will be one person in the middle without a chair. This person is acknowledged by the group by name with cheers and applause and becomes the leader who chooses a statement that might be common to others in the circle.

Only appropriate honoring items should be suggested, nothing that would embarrass.

Ex. Anyone with pink underwear would not be appropriate. If there is a statement that a participant does not wish to reveal about themselves, they simply sit in their chair when the statement is called out.

**Safe Save:** Before starting, explain how a chair is claimed to avoid pushing and shoving. The first person to place both hands flat on the chair, is entitled to sit in the chair. This is called a "Safe save".