

UNITY WORLDWIDE MINISTRIES EASTERN REGION YOUTH OF UNITY



CHAIN REACTION Fall Rally 2018

FAMILY GROUP MATERIALS

Fall Rally 2018

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. FALL RALLY

All 4 Love- Love 4 All

FAMILY GROUP #1	Friday Evening
Kyleen !	8:00-9:00 pm (1 hour)

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

Opening Prayer:

Dear Mother Father God, thank you so much for bringing everyone here safe and open to the amazing energy and growth here this weekend. Let this weekend be a weekend filled with whatever our souls need. Amen

Leader say: Family Group Focus: This weekend we will be talking about how chain reactions affect our days and lives. We will acknowledge what we can do to create positive and good chain reactions as well as how we can get out of negative ones.

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

Affirmation:

I am in control of my life and the choices I make in it.

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 positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results. - Wade Boggs

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

- name

- chapter
- number of Rallies attended

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 – If you really knew me?	10 minutes
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Materials: (none)

Leader: This activity is a game that helps you learn things about others that you may not have known about them before.

Leader say: We are going to go around our circle starting with me and then to the left. We are going to speak those things about ourselves that we think others may not know about us. We will start by saying; “If you really know me, you would know..._____”. If the Family Group members have had the same or very similar experience that the speaker has then the Family Group members then will hold up one finger. The first person to reach 5 experiences that are similar to the speaker is “out”. Each time the circle returns to me- I will add a “really” to the question i.e. “If you really, really knew me- becomes If you really, really, really knew me”, on the third time around, etc.

Example:

“If you really knew me, you would know that...” What is being shared about themselves can range from

Family information- “If you really knew me you would know that I am the youngest of 4 siblings.”

School information -“If you really knew me you would know that my favorite topic in school is Art.”

Favorite/ least favorite things- “If you really knew me you would know that I hate broccoli.”

Anything else they want to share about themselves.

Continue around the circle until the 10 minutes is over or you feel it's time to move on.

ACTIVITY 3 - HEART AGREEMENTS	5 minutes
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Materials: larges sheet of paper, markers, masking tape

As the leader, take a couple 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.

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.

Create a poster of the agreements that the group suggests and feels comfortable with.

Some important agreements for the Family Group appear below. Feel free to suggest any or all of them and to put them in words the group feels comfortable with. Some good examples include but are not limited to:

- 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 the confidentiality agreement: We are legally and morally bound to report situations that indicate a danger to yourself or others. If someone does share something like that, please notify a regie or an adult.

When everyone has agreed on the Family Group Heart Agreements and is comfortable with them, have the group sign them, and post them on a wall that is close to where the group meets.

ACTIVITY 4 - THEME DISCUSSION & LOVE NOTE BAGS	10 minutes
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Materials: white paper bags, markers

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 at rally.
- A table is set 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.

Then:

- Pass around the markers and encourage people to personalize their bag by decorating it. Make sure they put their name and their chapter on the bag where people can read them.

- When bags are finished, tape them to the wall in the big hallway/ lobby where the bathrooms are located under the letter of your first name. If you are meeting in one of the cabins, wait until you arrive back from Family Group meeting to tape them on the wall.

Leader: Encourage the Family Group 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 through 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. Try to think about the deeper meaning.

<u>ACTIVITY 5 - Say what ?</u>	25 minutes
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Materials: nothing but your amazing, fantastic, creative, swaggy, Gucci, cash money, selves. (plus your voices!!!!)

Leader say: In this activity, your family group will see the effects of chain reactions

Instruct: Get in a comfortable circle position around the room. Next get one person and start a game of telephone.

If you don't know what telephone is, it's where you sit in a circle, close enough to be whispered to. Choose a person to start the game by whispering a word or phrase into the ear of the person sitting or standing to their right or left. The next person then whispers the phrase to their neighbors until it reaches the last person in the circle. The last person then says the word or phrase out loud so everyone can hear how much it has changed from the first whisper at the beginning of the circle or line. Your goal is to make sure the phrase DOES NOT CHANGE!!!!!!!

After a couple of rounds of the game.

The family group leader: Now for these next rounds feel free to change or not change what you've heard the previous person say

Do this until everyone has gone at least once (including the first rounds of telephone) or until you feel the game is over

Give them time to really think about this process!

After the process ask these questions to the group:

- How do we play a game of "telephone" in our real lives?
- What happens when we change what we heard/ what we've been given? How does it affect others?
- When things get changed in your life or go a different way than we want them to, how do we get back on our tracks?

- How can we avoid getting swept up in unwanted chain reactions?
- What are some things we do that contribute to a negative chain reactions? How about positive ones?

The Family Group does not have to go around the room and answer every single question. However, do try to get a discussion going about them. If the discussion veers off, try to get the group back on track.

Family group leader read out loud: Kyleen would like you all to know that things change very fast and it can set your lives in to chain reactions you never thought would be possible, but that's its ok and will be ok!! You can get through anything and are strong great people and she loves you very very very VERY much

(If you get done early you can do the extra activities in the back)

<u>ACTIVITY 6 - CLOSING</u>	5 minutes
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Leader: Invite someone in your Family Group to read the closing prayer.

Closing Prayer: Dear Mother, Father God, arm us with the ability to get through changing times as well as flexibility to make the best out of every situation! Amen.

Leader: Thank the group for being here and make your way back to the main meeting area.

FAMILY GROUP #2	Saturday Morning
	9:45-10:45 am (1 hour)

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

Opening Prayer: Universe, thank you for giving us this opportunity to build and have new experiences with new and old friends. Amen.

Leader say: Family Group Focus: Throughout weekend we are exploring Don Miguel Ruiz's Four Agreements. Tonight our Focus will be on the Second Agreement of Don't Take Anything Personally.

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

Affirmation: I am the creator of my own destiny.

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 will no longer allow anyone to manipulate my mind and control my life in the name of love.

-Miguel Ruiz

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 – FALL Rally Chair	25 minutes
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Materials: Family Group Members

Leader: Have all members of the group stand in a circle and have them turn to the right. Tighten the circle so that there is very little space between everyone. Now everyone in the group sit down on the lap behind them therefore making a human chair. Remain seated for as long as you can. (previous Rally record in 5:28 seconds) Once you have completed the human chair- maybe even broke the record- sit down in your chairs.

Lead a discussion using the following questions as discussion prompts.

Discussion Questions:

- How did you feel putting full trust in the person behind you? Where you confident in them being there?
- How did it feel having someone sit on you- did you hesitate?
- How comfortable were you during the activity?
- Was you group successful in this activity? Did you break the circle- if so how did it feel?
- Did you find that if the chair was unsuccessful that your group assigned blame instantly?
- Did you support one another in the process?

ACTIVITY 3 – Getting Personal	25 minutes
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Materials: Corinthians 13 handout and pen- (to be added to the toolbox)

Leader say: We are going to play of game that deals with the nature of blame. First we need a volunteer to be our idol, the idol is the person that we are going to blame and call out the group scapegoat. The scapegoat is the person that receives the blame. We begin by all pointing at the idol as a group, the idol then points to someone in the circle, then that person points to someone also in the circle until everyone is pointing at someone else- the last person points at the idol.

Now stop pointing and fix your eyes on the participant you were pointing at- that person now becomes your personal idol (or person that you want to blame). Explain that the objective of the activity is to closely copy his or her every action. Now ask the group to remain perfectly still and no one moves unless your idol does. If the idol that you are watching does anything you are to mimic the movement/sounds exactly and then return back to stillness. Continue for several minutes.

Discussion Questions:

- How did it feel to be pointed at? How did it feel to point the blame towards others?
- Once everyone in the group eventually moving was it hard to know how it started? Is it really important to know how it started?
- If you were the person that was assigned blame for the movement? How did it feel?
- How do you feel in your life that you waste your energy blaming others for things?
- Has there been a time in your life you felt blamed by others? How did it feel?
- Can you think of a life example about blame? Share your experience?

Leader pass out handout based on Corinthians 13 and pens

Read the handout and then sit quietly. Reflect on a time when you felt the feeling of blame- either to others or from others to yourself.

(Give the group five minutes to reflect and write down a few words that helped them overcome it).

Now go around the circle and invite the YOUers to share their experiences or words and once complete put the handout into their toolbox.

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

Closing Prayer: Universe. We know we were created to be healthy and happy. Thank you for being the Source of all of my personal greatness. Amen.

Anani wants you to remember that we are the Universe and “this too shall pass”.

FAMILY GROUP #3	Saturday Evening
	6:45 -8:30 pm (1 hour 45 minutes)

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

Opening Prayer:

Divine Spirit, thank you for all the time we are able to have together, knowing that there will be many more. We rest knowing that we are surrounded by Love, protection, grace and Truth. Amen.

Leader say: Family Group Focus: Throughout weekend we are exploring Don Miguel Ruiz's Four Agreements. Tonight our Focus will be on the Third Agreement of Don't Make Assumptions and keeping that in mind we apply that focus on our tradition of Heart Talk.

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

Affirmation:

I understand that asking questions is very important knowing Truth. I find Truth as I raise my Love for myself and others.

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:

In our development, as we grow throughout our lives, the structure of our beliefs becomes very complicated, and we make it even more complicated because we make the assumption that what we believe is the absolute truth. Don Miguel Ruiz

ACTIVITY 1 - HEART TALK	45 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:

Get comfortable in your chair. If you choose to, you may sit on the floor. Gently allow your eyes to close. Take a deep breath and slowly let it out. Today is the day that you let go of fear and embrace love. As you let love in you can feel your body becoming filled with the Light of Love. As you let love in you let go off anything anyone has assumed about you. You are letting go of the assumptions that you have given to others. Connection between you and all others is now easier. You are loving everything that is around you, because you are loving yourself. Because you like the way you are and the way that they are. Because you are content with you. Because you are happy with your life. You are happy with the life that you are producing, happy with your agreements with life. You are at peace, you are happy...you are the Light. Become aware of every cell in your body. Take another deep breath and let it out. Listen to the silence around you, or listen to the sounds you hear in the room. Think now of how glad you are to be at Rally, where you can release conflicts and negative emotions within a loving group. Now place your hand on your heart. Your heart anchored to your mind is where you experience your oneness with Spirit and with others. Now focus on your breathing. As your breath moves in and out, recognize your heart-to-heart connection with everyone in this circle. You are surrounded in radiant love. When you feel peace in the room, take a deep breath, in and out. 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.

ACTIVITY 2 - LOVING REFLECTION and Toolbox	15 minutes
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Materials: Green paper slips and pens

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.

Pass out the green papers that have; Not making assumptions can cause peace and happiness for everyone.

After the heart talk you realize that some of the assumptions you have made about people are wrong. This paper will go in your toolbox for you to remember to not make assumptions and to ask questions. Like my heart talk you see that everyone is different and sometimes the assumptions people have, make life very hard

for people. A race doesn't define a personality, neither does class, sexual orientation, gender identification, mental health, and/or ethnicity.

Right on the back of your toolbox paper an assumption that you are willing to let go of. And then add the toolbox paper to your toolbox.

Ashanti wants you to know that you are all amazingly unique people and bright lights! She loves you guys! <3

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

Closing Prayer:

Divine Spirit, thank you for your Love. I rest in knowing that your Love leads me to my highest and best Self and for this I am grateful. 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)

Leader say: Family Group Focus: Throughout weekend we explored the chain reactions we face through life. Today is a day of reflection on what chains we should break and what chains we should strengthen

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

Opening Prayer:

Thank you God for this weekend of Light. For this Rally full of love and friendship. We are Unity and we are loved. Amen

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

Affirmation: Abundance flows freely through me. I go beyond barriers to possibilities. All I seek is within. I am worth loving. There is love all around me! -Louise Hays

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: We work because it's a chain reaction, each subject leads to the next

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 - AFFIRMATIVE LOVE MEDITATION	5 minutes
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Leader say: This meditation is simple and refreshing. It will help you recenter after this energetic weekend and get you ready to return to the world outside of this camp. Once I read this meditation we will make Family Appreciation Love hearts.

Mediation: Breathe in. Breathe out. Breathe in. Breathe out.
Breathe in and breathe out and just let go of all that stuff that is stuck inside you. This is a special day and we don't want to carry any old stuff with us. Put one hand on your heart and one hand on your belly. And as you breathe quietly, notice how comforting that feels. Be aware that you can do this anytime and anywhere and take care of yourself. You can make yourself feel better with simple gestures and your own breathe. How it calms you down. It lets yesterday go. It gives you a feeling of safety. You are here for yourself. And as you release yesterday and even this moment, you allow your full attention to come into this day, this hour, this time. Turn your full attention to this wonderful, wonderful day. Let your heart open and make room for all the good of the Universe to come in.

All is well. - Louise Hay

ACTIVITY 3 - FAMILY APPRECIATION LOVE HEARTS	10 minutes
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Materials: Message from Amira poems, Paper hearts, pens

Leader: Pass out hearts and the Message from Amira poems so that everyone has one heart to write a special appreciation love heart to each person in the Family Group. Write your name on one side of the heart so that as your heart is passed along the members in your group can write

down meaningful words especially for you! Pass the hearts to the left and once you receive your heart back you are done. Once everyone has their respective hearts back, read the short poem (on the next page)

Now I want you to hold your hearts and quietly sit as I read you this poem. Take in these words as you hold the words that others have written for you.

This We Have Now

**This we have now
is not imagination.**

**This is not
grief or joy.**

**Not a judging state,
or an elation,
or sadness.**

Those come and go.

This is the presence that doesn't.

-to the reader

Leader: move into closing prayer by inviting everyone to hold hands.

Closing Prayer:

Thank you God for helping this weekend be the freeing, accepting space we needed it to be. We know that you will help guide us in carrying this positive, accepting energy outside of this space and help us radiate it out towards others. Thank you God. Amen.

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 your 2018-2019 Regies Amira, Ben,
Emily, Kyleen and Rebecca*

OPTIONAL ACTIVITIES

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

<u>OPTION A - CIRCLE ACTIVITY</u>	5-10 minutes
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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 let's 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.