

**UNITY WORLDWIDE MINISTRIES  
EASTERN REGION YOUTH OF UNITY  
FAMILY GROUP MATERIALS**



**IN THE FLOW  
Spring Rally 2013**

## 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 19-21, 2013**

**In the Flow**

**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:**

Mother Father God, thank you for this opportunity to connect with each other. We look forward to deepening this connection, and living our lives in the flow. Amen

**Affirmation:**

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

I see myself in you. We are one.

**Quote:** Leader: Let group know that the Quote is actually a short reading. Invite a member of the group to read the Quote.

"I am you, you are me. You are the waves, I am the ocean. Know this and be free, be divine." - Sri Sathya Sai Baba

**ACTIVITY 1 – GETTING ACQUAINTED**

5 Minutes

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

- his/her name
- chapter
- and number of Rallies attended
- one thing that you like to do in your free time.

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

**ACTIVITY 2 – NAME GAME**

10 Minutes

Materials: None

FG Leader: Before beginning the game announce that the group will be playing a name game to help everyone learn the names of everyone in the group. Go around the circle one more time with each person saying their name while everyone focuses on remembering all names. Make sure everyone knows the name of the person to their right.

Begin a cadence slapping your hands on your thighs twice and snapping your fingers twice: slap, slap, snap snap. One of the Family Group Leaders will start the game. On the first snap say your own name. On the second snap say the name of the person on your right. Start slowly. The person to the right of the leader then says his/her name and the name of the person on his/her right.

Example: Slap Slap Breanna Niko (Snapping fingers on each name)  
Slap Slap Niko Richie  
Slap Slap Richie, Sarah.

Continue around the circle until everyone has had a turn.

In the second round, say your own name and the name of anyone else in the circle. The person whose name was called then says his own name and someone else in the circle. Keep going until everyone's name has been called a few times. To make the game harder, speed up the beat.

### **ACTIVITY 3 – 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. 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 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

**Leaders: 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 4 – 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.
- Everyone should 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. 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.

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 does the theme *In The Flow* mean to you?
- What do you think “letting go” and “release” have to do with the theme in the flow?
- In life, how do you know when you should stand firm and when you should be flexible?

- How do you navigate between the need to make plans and have goals for your future while avoiding disappointment if things don't turn out the way you hoped?
- Do you think there's a value to not reaching a goal or getting what you want and hoped for? Explain.
- What do you think is the value of the obstacles that seem to get in the way of our hopes and dreams?
- How does gratitude relate to our ability to be in the flow?
- How do you think this theme relates to the world at large?

### **Closing Prayer:**

Thank you God for this chance to connect. We step into our lives in awe of the wonderful and perfect harmonies of life. We are so grateful! Amen.

### **FAMILY GROUP #2**

**Saturday Morning  
9:30-11:00am (1 Hr and 30 Minutes)**

### **Opening Prayer:**

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

I invite you to close your eyes and take a deep centering breath.

Divine Spirit, thank you for bringing us together today to continue to enjoy the fluidity of love we share for one another. As we flow forward allow us to let go of any resistance that will keep us from living in this present moment. Amen.

### **Affirmation:**

Leader: Read the affirmation and invite the group to say the affirmation together.

**I choose to live in this present moment.**

### **Quote:**

Leader: Invite a member of the group to read the Quote.

All things change, nothing is extinguished. There is nothing in the whole world which is permanent. Everything flows onward; all things are brought into being with a changing in nature; the ages themselves glide by in constant movement. – Ovid

### **ACTIVITY 1 - CHECK -IN**

5 Minutes

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

## ACTIVITY 2 – EVOLUTION GAME

25 Minutes

Materials: Bag, Evolution Cards, Ultimate Being Cards

Leader: Tell the group we are going to play a game that requires everyone to know how to play “Rock, Paper Scissors” and make sure everyone is familiar with the game. Review the hand signals and rules for *Rock, Paper, Scissors* if necessary. (Rock smashes scissors, scissors cut paper, paper covers rock)

In the game of Evolution everyone begins as an egg and tries to evolve from an egg to become a chicken, then a dinosaur and finally an “Ultimate Being” To evolve, players must win games of RPS. Each person finds a partner and plays a game of *Rock Paper Scissors*. The winner becomes a chicken, the loser remains an egg. Each player then finds a different partner to play RPS again. Any time a player wins they evolve to the level above. If a player loses the RPS game they devolve to the level below. Once a player becomes an ultimate being, they step aside and observe the rest of the game.

However there is a twist. Before playing each round, players must pick a card from the bag marked “Evolution Cards” and play the game with the physical challenge written on the card as follows:

A blind person must play with eyes closed

A mute person can’t talk

A paralyzed person cannot move from their spot (Although they can still use their arms)

A one legged person must keep one leg off the ground.

Once the player reads their physical challenge, they put the Evolution card back in the bag. After each round, players pick a new evolution card for the next round.

Once someone becomes an Ultimate Being, they pick a card from the bag marked “Ultimate Being Cards” and follows the instructions on the card.

Note to Leader: The Ultimate Being Cards say- “You now revert back to egg and continue to play the game.”

After the game, lead a discussion using the following questions:

- How was the experience of this game for you?
- Did you have a favorite evolutionary phase? If so what and why?
- What was it like to have an obstacle with each phase, were some more challenging than others?
- Were you ever disappointed during the game with a particular outcome? Explain.
- What, if anything, did you learn from each physical challenge?
- Were you able to enjoy each experience equally? Explain.
- How did it feel to become an “Ultimate Being”? Were you disappointed to become an egg again?
- Were you able to enjoy each experience throughout the game?
- How does this game relate to some aspect of your life?
- How does this game relate to the theme: *In the Flow*?

### **ACTIVITY 3 – IN THE FLOW OF LIFE**

**25 Minutes**

Leader: Ask for a couple of volunteers to read the Gandhi story that follows.

As a young man Gandhi decided to travel to England to study law, against the wishes of the leaders of his Modhi Bania sub caste. Caste members were forbidden to eat meat and the leaders believed that vegetarianism was impossible in England. But Gandhi had vowed to his beloved mother to abstain from meat, so he saw no danger in the trip and said so to the Sheth, the headman of the community.

“Will you disregard the orders of the caste?” demanded the Sheth.

Gandhi replied: “I think the caste should not interfere in the matter.”

Boom! Gandhi was excommunicated – a judgment that remained in force even when he returned from England several years later with the promise of success that attended a young English speaking lawyer.

When Gandhi returned from England, the community was divided over how to handle him. One camp embraced him; the other cast him out. This meant that Gandhi was not allowed even to eat or drink at the homes of fellow sub caste members, including his own sister and his mother and father in law.

Gandhi knew that other men in his situation might protest for readmission. But Gandhi couldn't see the point. He knew that the fight to be readmitted would generate retaliation and division in the community. Instead he followed the Sheth's wishes and kept at a distance, even from his own family. His sister and his family were prepared to host him at their homes in secret, but he turned them down.

The result of his compliance? The sub caste not only stopped bothering him, but its members – including those who had excommunicated him - helped him in his later political work, without expecting anything in return. They treated him with affection and generosity.

‘It is my conviction,’ Gandhi wrote later, “that all these good things are due to my non-resistance. Had I agitated for being admitted to the caste, had I attempted to divide it into more camps, had I provoked the caste men, they would surely have retaliated, and instead of steering clear of the storm, I should, on arrival from England, have found myself in a whirlpool of agitation.”

~From the book *Quiet* by Susan Cain Pp 201-202

Lead a discussion using the following questions:

- In the story, in what way did Gandhi stand up for what he believed in?
- In the story, in what way did Gandhi practice non-resistance.
- What was the cost Gandhi paid for taking each of the actions that he took? (Going to England, Refusing to contest his ex-communication)?
- What were the benefits Gandhi realized for taking the actions that he took?
- Have you ever been in a situation similar to Gandhi's in some way? Describe.
- Have you ever taken an action that resulted in your finding yourself in “a whirlpool of agitation”?
- What do you think is the difference between passivity and non-resistance?
- What do you think this story teaches us about being in the flow of life?

## **ACTIVITY 4 – PICTURE COLLAGE –WE FLOW TOGETHER**

**30 Minutes**

**Materials:** 2 Poster boards, magazines, Markers, Glue

### **Instructions for Leader:**

To prepare for this next activity, cut one of the Poster boards into as many approximately equal size pieces as there are members in the group. The group will be putting the pieces back together like pieces of a puzzle and taping or gluing them on to the second poster board so it will be helpful to make the edges wavy so that it is easier to fit the pieces back together. To allow members to retrieve their collage at the end of Rally, use masking tape on the back of their individual collage to affix the individual collages to the second poster board.

**Leader say:** In this next activity we will be exploring both our similarities and our differences as well as how we flow together. Each member of the group will be making a collage using magazine pictures, craft supplies and markers. The collage should express something about who you are as a person and spiritual being.

When everyone is finished, put the pieces together on the second poster board. Allow each member to share what they made and what it represents.

After each person has had a chance to share their individual collages lead the group in a discussion using the following questions:

### **Discussion Questions:**

- What similarities do you see in the collages of the members of the group?
- What differences do you see?
- Are there more differences or similarities?
- How does each unique person contribute to the larger group?
- How does this collage represent the world?
- How does the collage relate to our theme: *In the Flow?*

Please bring your finished collage to the main meeting room so that everyone can enjoy your creations.

**Rosters:** Pass out Rosters to Family Group. They contain contact information and Family Group designations so that you can connect after Rally and also find love note bags for your love notes.

### **Closing Prayer:**

Invite someone to read the closing prayer or make up one of their own.

Closing Prayer: Thank you God for this chance to connect. We step into our lives in awe of the wonderful and perfect harmonies of life. We are so grateful!

**Opening Prayer:**

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

Dear Mother, Father God,

Thank you for bringing us here tonight, all of our souls and paths have met and now we live together in this moment. Thank you for the loving energy and welcoming space we have here, we welcome the Spirit and space to share and we are here in unity , amen.

**Affirmation:**

Leader: Read the Affirmation, then invite the entire group to say the affirmation together.

**The presence and power of spirit guides me toward enlightenment and fulfillment.**

**Quote:**

Leader: Invite a member of the group to read the Quote. Once the quote is read invite everyone to take in the words of the quote and then request the reader to read the quote one more time

“I have decided to stick with love. Hate is too great a burden to bear.”

- Martin Luther King Jr.

**ACTIVITY 1 – HEART TALK**

90 Minutes

Materials: Box of Kleenex, 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 life. Your family 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:

- 1) Only the person with the heart may talk. The person talking receives love, undivided attention and deep listening from everyone in the group.
- 2) 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.
- 3) 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.
- 4) The heart is sacred and should be handled with care. It is always passed to the left.
- 5) Everyone has the right to pass.
- 6) 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.
- 7) The Heart Talk ends once the heart goes around the circle once with nobody sharing or once the time allotted has been used.

## Meditation (leading into heart talk)

*Leader's Note: 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 😊*

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....become aware of every cell in your body...take another deep breath and let that out...now just listen to the silence around you...or listen to the sounds you hear in the room...now think of any conflicting feelings or emotions your life.....think about how these situations made you feel... did you feel less than perfect?...think now of how glad you are to be at Rally, where you can let these conflicts and negative emotions float away.....take another deep breath and acknowledge your negative emotions float away...and know that you ARE perfect...Bring your awareness to your heart center ... It is here in your heart that you experience your oneness with Spirit...Your heart is one with the heart of Spirit...As your heart beats it is the rhythm of love singing to you of oneness...now as you breath, feel your breath moving in and out of your heart...watch your breathing...as your breath moves in and out of your heart, recognize your heart to heart connection with Spirit...Begin to be aware that you are also connected with each person in the circle...know that this is a safe place to be...you are surrounded in a soft light...so safe...so loved...the light wraps you in love...the perfect love is in and all around you ...Now allow that light to radiate from your heart area...Now let the light flow down your left arm out your left hand and into the hand of the person on your left...picture this love flowing around and around the circle and when you feel peace in the room take a deep breath... and, when you are ready, open your eyes.

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

## **ACTIVITY 2 - LOVING REFLECTION**

30 Minutes

When approximately 30 minutes is left in the Heart Talk, read the following instructions:

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?

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.

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.

Leaders: Please keep your Family Group together during the allotted Family Group time.

**Closing Prayer:**

We stand in unity and we stand together. Lovers of light we live through Spirit, thank you neighbor, thank you friend, thank you brother and thank you sister, thank you Mother Father God. Amen

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.

**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 in a rubber band, pencils together in a rubber band, and putting a complete set of markers in each box. Remember to pick up your "Sunday Bag" before tomorrow's Family Group meeting. It has everything you need for tomorrow's family group meeting. Thank you!!

**FAMILY GROUP #4**

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

**Opening Prayer:**

Leader: Invite a member of the group to read the Opening Prayer or to say their own prayer. Like the river going downhill I'm following and flowing at the end of every turn. Like a bag in the wind I let the positive energy pick me up and take me away. And like the transition from winter to spring I let the warm temperature and the rainy days bring me into a new life of being in the flow. I am grateful for everything. Amen

**Affirmation:**

Leader: Read the affirmation, then invite the entire group to say the affirmation together.

**I experience true peace knowing I am In the Divine flow of eternal 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.

“Today it's time to let go, let go of anything that's bringing you down. Don't let negative circumstances deter you from the wonderful things life has to offer. If it's not uplifting it's not worth it” . Author Unknown

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

10 Minute

Materials: Evaluation Forms, Pens

Ask group members how they are feeling as well as 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

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 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

Take pictures of your group for anyone who has brought their camera.

### **ACTIVITY 4 – CANDLELIGHT APPRECIATION & CLOSING**

10 Minutes

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 the 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 sends the candle around the circle to the left saying as he/she passes the candle that person’s name and “I see the Christ you are” until the prayer returns to you, then say the following prayer or your own prayer with a similar sentiment to close the Family Group.

Mother Father God, thank you for this incredible weekend we have shared. We know that we have come together as one, in love, and we will continue to support each other through our thoughts and prayers as we go forward to express Peace and Love in our lives and our world. Amen.

LEADERS: PLEASE BRING SUNDAY BAGS AND ALL MATERIALS TO THE STAGING AREA AND SORT MATERIALS IN THE CONTAINERS PROVIDED.

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

BLESSINGS AND LOVE FROM

*Richie, Breanna, Sarah, Niko 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 – HUMAN KNOT**

5-10 Minutes

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

### **OPTION C – CIRCLE MASSAGE**

5 Minutes

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

### **OPTION D– WILLOW TRUST CIRCLE**

5-10 Minutes

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

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

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

- No talking or laughing
- Do the activity in silence so everyone can experience the feeling of trust.
- 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.