

## **Are we Surfing or Deep Sea Diving? Activity List**

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*“Few things are impossible to diligence and skill. Great works are performed not by strength, but perseverance.” Samuel Johnson (1709-1784)*

**Check In:** 2-3 person check-we shared how we got to our current job and what we wanted to get from the workshop. A small group or pair check in allows for more intimacy as well as an assessment to see how people follow directions, the level that they share with each other, and comfort level (e.g., did they choose the person they know or someone they didn't know?) Modeling the response with your own story helps to set expectations.

**Perspective Circle/Cross the Arms:** A simple experiential activity helps to create your group and individual expectations. The perspective circle is where you point your index finger at the ceiling and “draw” in a clockwise direction. While still pointing at the ceiling, move the circle down to about waist high. Notice what direction the circle is moving now. Counter Clockwise!! Why? A change in your perspective! Now, cross your arms. Notice which one is on top. Switch Arms. How does this feel? Awkward? Uncomfortable? This workshop is an opportunity to change your perspective. Sometimes the activities we do may feel awkward or uncomfortable. Your invitation is to participate as fully as possible, know that the more fully you participate the more that you will get from the workshop, to suspend your certainty, and to play safely - both emotionally and physically.

**Line Ups:** Another simple assessment. This version provided questions for participants to select a spot in the room based on the questions/responses provided. Sample questions included: Are you more a morning, afternoon, or evening person? How would you (not your neighbor or friend or any other influence in your life) identify your experience level in your field? Beginner, Intermediate, Advanced? How long have you been in the field? Less than a year to more than 20 years? Are you more an environmentally oriented person or commercially oriented person? How willing are you to make a mistake in front of this group? Very or not likely? Remember, there is a continuum, so this allows for variation, not an either or. You can choose to have participants share reasons or just move. Depending on their responses. You can ask more surface or deeper questions.

**Speed Greeting:** Greet everyone in the room by name in less than (figure 2 seconds/person). Note afterwards how many people greeted the facilitator! A great opportunity to talk about limits we set on ourselves, how we leave people out, responsibilities for both the group and the person on the outside, etc.

**Who Are You?** In pairs, one person asks (over and over again) “Who Are You?” while the other person answers - as deep as they wanted to go - the question until the facilitator calls switch. Notice who only asks the question or who only answers the question. Notice the level being shared - does the person keep saying their name or does it deepen to values?

**Mirroring:** A variation of an old favorite. One person (with the option of closed eyes) creates movements while the partner mirrors the movements as closely as possible. Wonderful conversation opportunity about following and leadership and awkwardness and so much more!

**Knee Tag:** A lovely variation of a tag game. If your hands are on your knees, your feet are planted - although you can tag uncovered knees passing you by! If your hands are on your belly, you can walk around (and tag any uncovered knees!). If tagged, you must squat or kneel with both hands in the air hoping for a high ten to free you to participate in the game. Great conversations about choice and roles we play and participation levels and asking for help and so much more!

**Guided Walk:** Invite the group (in silence) to walk along a section of path and notice anything about a specific topic you provide. Share these answers and take a second walk with a different topic. (We used community and risk management). Notice how we see things when we are focused on them!