
Discover and Connect Through Play

Activities from AEE Workshop November 2009

Facilitators:

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- **WHO ARE YOU** (Ref Unknown): Invite participants to pair off, one person asking the question “Who Are You?” with the other person answering. The interview keeps repeating the same question “Who Are You?” changing inflection or tone, but never asking anything else. The interviewee keeps answering the question. Change roles or change people after about 30 seconds. Discuss surface responses and the deepening of responses, and choosing to ask or answer the question.
- **BOB’S MOTHER** (Ref Unknown): Put a penny, nickel, and dime in your hand, saying “Listen carefully... Bob’s mother has three children some of whom she named after something valuable. She named one Penelope, one Nick, and what was the third child’s name?” Discuss listening carefully.
- **BUMPER CARS** (Ref Chris Cavert and Sam Sikes): Using the midis (one per pair) as a car bumper, have the driver drive on country roads, city roads, and the highway. The car, of course, has his/her eyes closed. A variation of trust walks. Great for discussions about safety, communication, support, etc.
- **EYE CHART** (Ref Laurie Frank): Prior to the session, create two “eye charts” using all twenty-six letters of the alphabet. Typically, this is five lines of letters with the first line being two letters, the second line being four letter, the next three lines would be five letters. The two eye charts need to differ from one another. Keep the eye charts covered until you give the directions to the participants. Invite the participants to observe one of the eye charts for thirty seconds. After the time is up, cover up that eye chart and invite the participants to write down as many letters as they remember in that specific order. After the participants are ready, reveal the chart and invite them to score their accuracy, both individually and as a group. Before the second round, invite the group to strategize with each other about how they can be more successful as a group. Then, repeat activity with the second eye chart. Talk about collaboration (How was the second round easier or harder than the first round? How did your scores compare from the second round to first round?) and expectations (How did you feel when you were first given this task? What was your expectation for yourself during the second round? How do expectations influence our performance?)
- **GROUP JUGGLE MIX** (Ref Karl Rhonke): In a circle, toss around a small object in a unique pattern. Each person should get this only once. Practice this same pattern at least three times. THEN, keep the captain at the original group and invite participants to switch to other circles. Then ask the group to try again...with the original group! Discuss frustration, interference, communication, focus, and much more!
- **HEART STRING** (Ref Unknown): With your string dangling in front of you, go through, around, touch your heart, and through again. Tell a story with your string trick! Discuss following directions, listening, learning, etc.
- **BRAIN ACTIVITIES** (Ref Unknown): These warm-ups are fun and get everyone’s “thinking caps” on before more challenging activities. Model, describe, and try each activity for a few moments before moving on to the next. Talk about the value of taking risks and trying things we are not immediately good at, staying “energized” and engaged.

1. Close both fists. Extend the thumb on the right and the index finger on the left hand. Switch. Then switch back. Repeat about a dozen times, then do #2...
 2. Move right hand in a horizontal circle, as if wiping a tabletop. Move left hand in a vertical circle, as if pedaling a bike. Then switch hands. Repeat 1-2 times.
 3. With right hand, pedal a bike forward. With left hand, pedal bike backwards. Then reverse the direction each hand is moving.
 4. Sit or stand on left foot and move right foot in a clockwise circular motion. Keep doing this while trying to move your right hand in a large "6" pattern.
 5. Stand on your left foot. Wiggle the toes on your left (weight bearing) foot while also wiggling the fingers on your right hand. Then jump to your right foot, and wiggle the toes on the right foot while also wiggling the fingers on your left hand. Jump back and forth, always wiggling the toes on the weight-bearing foot and opposite hand. See how quickly you can hop back and forth while wiggling the correct fingers and toes.
- **RUN AND SPIN** (Ref Karl Rhonke): In a large circle, invite one person to "jog" across the circle with his/her eyes closed. When reaching the edge of the circle, the person keeping them safe will gently spin them around themselves and let go so they can continue across the circle. Continue about 5 or 6 times. Discuss safety, trust, etc.
 - **STRING CONNECTION** (Ref Unknown): With a partner, create a web with the two strings, then connect with others for a giant web. You know you have done it right if you get separate the strings without tangling them!