

# Phase Sample Sequences For Activities

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## Starting Our Circle sequence

- ▶ Name dance: Circle of twins
- ▶ Volleyballoon: Follow my lead
- ▶ Name dance: Contour drawing
- ▶ Group statues: Memorize my moves
- ▶ Name dance: Weaving our web
- ▶ Volleyballoon: Relaxation response
- ▶ Zip Zap Zop: The Dao of Drawing
- ▶ Who is the leader: Dancing on paper
- ▶ From shortest to tallest: Relaxation response
- ▶ Name dance: Zip zap zop



## Knowing Ourselves

### Sequence themes:

- ▶ What we do
- ▶ Relationship map
- ▶ Cross the river game
- ▶ Our days

### Sequence theme: Emotions

- ▶ Recognizing emotions
- ▶ Ourselves on the inside and outside
- ▶ Create an emotion cube story

### Sequence theme:

#### Knowing our identities and strengths.

- ▶ Silhouettes
- ▶ I am, I have, I can
- ▶ Ourselves on the inside and outside
- ▶ Practice and project time
- ▶ Practice and project time



## Connecting

- ▶ Communication skills
- ▶ Active listening
- ▶ Communicating without words
- ▶ Seeing from different perspectives
- ▶ Different ways to handle conflict
- ▶ Our environment
- ▶ Forming problem and opportunity statements
- ▶ Finding challenges and solutions
- ▶ Practice and project time



## Taking Action

- ▶ Forming problem and opportunity statements
- ▶ Brainstorming challenge topics
- ▶ Choosing a challenge topic
- ▶ Plan a project
- ▶ Prototyping
- ▶ Create a pitch
- ▶ Organize an exhibition