

Initiatives from the groups at Midwest Symposium

April 16, 2014

Group Members: Laura Palmer, Cory Thompson, Mary Verbinski, & Deborah Ann Stuart

This initiative is non-verbal, requires no props, and requires no touching.

Standing in a circle, one person will do a body movement; the next person will do the movement of the first person and add their own movement. The third person will repeat the first movement, the second movement, and then add their own...continue on until everyone in the group has added their movement – ending with all participants doing all the movements.

Ideas for discussion: Why did you choose the movement you did?

Initiative Name: Chicken Rescue

Group Members: Tom Tyrell, Donna Young, Megan Blank, Brad Rosell, Molly Johnston, & Jane Hulke

Props: carpet squares or items that can be stood on, picked up, and moved; “chicken” to be rescued.

Preparation: place chicken in an area to be rescued.

Object is to use the carpet squares to form a safe path to the chicken. The squares must always have someone touching them or they “disappear” (you can use a hot lava reference). Start group at a distance from the chicken with their carpet squares. (There should be one less carpet squares than there are participants). They will need to use teamwork and coping skills to complete the task.

An analogy can be used that the carpet squares are the coping skills needed to complete the task.

Group Members: Mallory Diepen, Andra Coleman, Rachel Pavesich, & Lisa Noble

Props: PVC pipes and pieces used to build a structure

Task: Go around the group and add a piece to the structure after answering a question such as favorite movie/food/color, name, or other questions that the group would feel comfortable asking. The end result is something made with “pieces” of all the participants.

Group Members: Jillian Beemer, Shanna King, Jayne Holley, Casey Lorenzen, Megan Brady, & Suzi Robinson

Props: Cups for stacking, blindfolds

Task: facilitator give specific instructions for the participants to follow for stacking cups blindfolded.

Modifications can be to stack the cups together with a partner or group or to complete certain challenges by stacking the cups.

Group Members: Sarah Bradley, Lisa Morand, Roberta Meka, Laurence Lindholm

Props: Carpet square for each participant plus a couple extra (but no more than 2 per person), 2” circle ring with strings (at least 2’ long) attached; tennis ball

Task: Move in a circular pattern from carpet square to carpet square with holding the strings of the ring to hold the ball aloft without dropping the ball, leaving no square empty.

Modification: use music and ask participants to move to the tempo of the music.

Initiative Name: Steal my pig

Group Members: Kim Martinson, Susan Hesketh, Ashley Robinson, Sarah Pfeifer

Props: “pig” to be stolen

Using minimal instructions, have participant attempt to “steal the pig” of the person at one end of the room with their back to the group and the “pig” on the ground behind them. When the person’s back is turned, the participants can advance from the far side of the room attempting to “steal the pig”. If the person turns around and catches anyone moving they are stopped. (Similar to red-light/green-light)

Initiative Name: Throwing away the trash

Group Members: Kelsey Peters, Olivia McBride, Samantha Lipp, & Coreen Bowen

Props: assortment of “tools” which can be rulers, cups, pvc pipe etc.; items to represent “trash” (something the participant wants to change, stop, overcome, etc), bucket or trash can

Task: using the tools, pick up your trash, pass it to at least 3 people in the circle and throw it into a “trash can”

Modifications or ideas for processing: have participants make or label their “trash”; good to be used for persons dealing with substance abuse; participants could be blindfolded or non-verbal,

facilitator can front load the experience to help participants reach the conclusion that they need to ask for help at times to deal with or eliminate bad behaviors or the “old me”

Initiative Name: Rope-Ball Roller Coaster

Group Members: Will Hasselt, Scott Steele, Ashley Small, Cheri Hrycyk, & Amy Shrake

Props: very long rope, balls (softball, tennis ball)

Task: Participants stand at least arms distance apart, everyone must hold the rope, no verbal communication, move the ball from one end of the rope to the other end without any participant touching the ball.

(hint: the rope must be doubled to form a “track”)

Modifications: require the group to add angles or other challenges.

Tips for discussion: coping strategies, problem solving

Initiative Name: Success Tree

Group Members: Nicole, Anita, Laura, Katherine (sorry, I didn’t get last names for this group)

Props: blindfolds, obstacles to put in a path (these represent real life obstacles), a “tree” or something to hang objects on, objects that represent something important to hang on the tree

Task: Each person takes turns being blindfolded and led through a path of obstacles to place an object representing something important to them on the “success tree”

Group Members: Claire Howes, Lauren Clock, Fawn King, & Susan Coblenz

Props: carpet squares or other items to make a grid pattern on the floor (size of overall grid can be determined for each group); buzzer or another form of notification for when participants step in the wrong grip area.

Task: to move from one end of the grid to the other following a pre-determined path that is unknown to the participants.

Modifications: non-verbal, blind folded, place “markers” on wrong squares to represent real life obstacles.
