



## OBJECTIVES

Participants will be able to:

- Talk freely with the other participants
- Build a sense of community



## TIME

20 minutes

## ACTIVITIES

### *Walkabout and Sharing in Pairs*

### **FEELINGS ON THE MOVE**

Ask participants to walk around the room on their own. Then give the following instructions:

- Find a partner. Tell him/her how you got to the workshop today.
- Walk for a while and find a new partner. Tell them something about your family.
- Walk for a while and find a new partner. Tell him or her about something funny that has happened to you recently.
- Walk for a while and find a new partner. Tell them something about your hopes and dreams for the future.
- Walk for a while and find a new partner. Greet them as though they are an old friend who you haven't seen for many years.
- Walk for a while then sit on your own. Be in touch with your feelings.

Sit in circle. Ask group to share in the group how they are feeling?