



Mini Groups

Intro: For this group exercise, rather than just focusing on one topic or activity, the group will participate in a series of short mini activities with everyone in the group getting a chance to work on an original idea.

Directions: Depending upon the size of the group, the objective is to come up with a series of 10 minute “mini activities”. Start by breaking the group up into smaller mini groups of 2 or three people in each mini group (depending upon how many people are present. If the group is very large, you may need to make mini-groups larger as well.) Then, each mini group should be given about 10 minutes to come up with a creative idea to present to the rest of the group as a 10-minute mini-activity. Mini groups can come up with questions, or do a brief art exercise, or do anything else that gets people talking and sharing for 10 minutes. Some *ideas listed*:

Get back together as a large group and take turns introducing each 10-minute mini-activity and then have the large group perform each 10-minute mini-activity together. Do this until all mini activities are done.

Group topic ideas (in case people need them for inspiration)

Art or music activity

Interesting questions

Complete the sentence.

Journaling

Role Play

Positive Affirmations

Goal Setting

Sharing Feelings

Guided imagery

Group feedback

Favorites

Fears

Coping Skills

Creative expression

Trivia

Favorite quotes

Storytelling topics

Stress management or relaxation

BE CREATIVE AND HAVE FUN!

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