EXERCISE: Miming

TIME: 15 MIN  REQUIRED MATERIALS: NONE

SUMMARY: This is a simple exercise that can be used at any point in the day to help participants to express their feelings without words. It is fun and easy, but also reveals a lot about the mood of the group.

KEY EXPLANATION POINTS:
• Ask each participant to go into the middle of the circle and ‘mime’ how they feel (that is, show without words, just movement).
• This can also be helpful feedback for the evaluation process.

FACILITATION NOTES: Participants may initially feel shy to express themselves, but as they warm up, they will tend to be very creative, moving and funny.

FORMAT: GROUP EXERCISE, ICEBREAKER

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