



COURAGE

Each person says a word that best describes the group/project.

Sing a song together.

**Make faces at each other for
one minute and then talk about
how it made you feel.**

**Each person takes
a 60 second turn at trying to
get another person to laugh
(no personal contact).**

**Each person shares one thing
that they love.**

**Stand in a group circle and pat
one another on the back.**

**The group say the word “Bubbles”
to one another in a stern way.**

Imagine a wishing well that would give each person one wish for themselves. After a moment, each member writes this down on a piece of paper and places their wish in the well and shares this with the group.

**Gather in a circle and bend down
on your knees with two hands
reached out on the floor. Slowly
arise with our hands reaching to
the ceiling and shout the word
‘PEACE’ out loudly.
Do it again and shout ‘HOPE’.**

**Name your favourite season and
the reason why.**

**If you had a million pounds, name
the first thing you would do with
the money.**

**Name your favourite game/activity
from when you were younger.**

**If you could have one superpower,
what would it be and why?**

**Everyone pat their head and rub
their belly at the same time.**

**Name one positive word
that begins with same letter as the
first letter of your name
e.g. Joyful-Jinny,
Magnificent-Martin.**

**Everyone in the group attempts to
do their most 'evil' laugh like they
were a super villain.**

**Everyone waddle in a circle like a
penguin.**

**Everyone has to make a decision
about whether they could live
without chocolate or crisps?**

