

Animal Magic

Purpose

To provide closure to a session/course in a fun way. To act as a break between one task/exercise and another. To change focus.

Process

The facilitator should ask the group to think about their three favourite animals, and why these are their favourites.

Go round the group and one at a time ask each person to tell the group their choice.

The facilitator could start for example:

A koala bear because they are cute and cuddly

A spaniel because they are energetic and friendly

A unicorn because they are mythical, magical and mysterious

Going round the group will inevitably cause a few laughs at peoples choices and reasons.

When every one has had their turn the facilitator should inform the group that the interpretation of their choices is as follows: The first animal is how we see ourselves.

The second is how others see us and the third is how we would like others to see us.