

“I would like to give you a gift”

Purpose

To provide a closure to a session/ course on a positive note. To help individuals to feel good about leaving, to allow participants to recognise and appreciate others in the group.

Process

Ask participants to sit in a circle. Explain that they are each going to hand an imaginary gift to the person sitting on their left. This may be something that they have observed or learned about the person during the course. It could be something that relates to the persons beliefs or a particular liking that they have mentioned during conversation or in the group discussions. If they feel they don't know the person they should try to think of a gift that would be appropriate to their gender, style of dress, age etc. Allow everyone a few minutes just to think about what they would like to give.

The facilitator should begin the round by handing over their gift to the person on their left and saying “Alison I would like to hand you the gift of a garden of everlasting freesias, then you can smell their scent every day” or “Bill, I would like to hand you the gift of green-fingers so that you can grow the rarest of orchids to share with your friends”

Note: this activity is best for a group who have worked well together over a few sessions.

Resources

None

