Part 1: Simple Strategies to Stay Healthy

Sometimes, staying healthy can be as simple as taking time to listen or have fun. Your group members undoubtedly have a lot to say about how things are going, and it's crucial that you take into account what they have to say and how they feel. The activities and tips in Part 1 of this section can help you get your group's members talking in ways that will sustain your organization for the long run.

ACTIVITY: WHAT'S UP?

Evaluation and reflection are essential components of sustainable success in your group's community work or in the group's development. Some group members may be hesitant to exercise their voice in group matters. Anonymity can be a helpful tool in assessing how your group is meeting members' needs. Mi Casa Resource Center used the shield of anonymity as a tool to help keep its group strong and its members connected.

OVERVIEW

This activity offers participants a safe and anonymous way to provide feedback to the group. It can be used as a sort of extended reflection at the end of a meeting or activity.

OBJECTIVES

- To elicit participants' thoughts for sharing with the group
- To ensure that issues are addressed

TIME REQUIRED

Approximately 30 minutes

SUPPLIES

You'll need a flip chart and makers for this activity, plus copies of **Handout 7A** and pens or pencils for each participant.

WHAT	TIME	HOW	MATERIALS
Step 1: Setting the context	10 min	Tell the group, "We spend a lot of time talking about how our group is serving the community, and that's wonderful work. But it's also important that we take time to evaluate how our group is doing for us – how it is or is not meeting your needs and the needs of others, and how we can improve in these areas." Pass out a pens or pencils and **Handout 7A**. Invite those present to take a few moments to write their thoughts about the meeting or activity they just participated in on the handout.	Copies of **Handout 7A** Pens or pencils
Step 2: Listening and sharing	10 min	Ask a participant to collect the handouts, shuffle them, and then redistribute them – one to each participant. Have another participant take notes on the flip chart for the group. Invite participants to take turns reading the handout they have aloud.	Flip chart Markers

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WHAT	TIME	HOW	MATERIALS
Step 3: Reflecting and discussing	10 min	Use this reflection time to address issues as they come up. Issues could arise from comments on the handouts or through discussion. Be sure to ask the participants for input on these issues (don't try to tackle them by yourself).	

HANDOUT 7A: THE "WHAT'S UP?" FORM

(Aka the "Anonymous Brilliance" Form)

Date: _____

Did you find yourself frustrated at any time? Why?

What was enjoyable or fun?

What did you learn about the topic or about yourself?

What would you like to see happen differently next time?