

ACTIVITY: MAKING FACES

Sometimes, group members may want to make their feelings known without delving into too much explanation. Paper faces, each with a different expression (e.g., happy, excited, frustrated, scared, confused, angry, contented) are a great way to allow this. Have your group use paper plates to create faces that express different emotions. After an event or meeting, bring out the faces and let group members choose the face that best describes their feelings at the time. This way, participants can feel that they have a voice, even if talking in front of a group isn't a good fit for them. You can gently probe people for explanations of their choice or talk to individuals at other times to try and find out more.

REMINDER: MAKE TIME FOR *FUN!*

The activities that build and strengthen relationships can take place outside the context of community-change work. Pick a time every so often (perhaps once a month) to do something with your group that's completely unrelated to its work and wholly related to fun: go bowling, see a movie, take a hike. Ask group members for suggestions (their answers may surprise you, point out shared interests, or spur discussion.) It's not **what** you do that's important; it's just doing it together – whatever non-work activity you choose. Laughter is a great aid in putting people at ease and uniting them in common purpose.