



head, heart, and feet

purpose • To provide opportunities for youth and adults to reflect on their insights and feelings following a meeting or event

time 2 to 3 minutes per person (A group of 20 people would require approximately 40 minutes.)

group size 20 participants

materials • Flip chart paper
• Markers

trainer note: This exercise is most effective at the end of a meeting or event.

introduction

Explain to the group that each opportunity for adults and young people to come together and authentically learn and share with each other deserves a chance for reflection and celebration.

This exercise creates an opportunity for participants to share the thoughts, feelings, or actions that they experienced in a particular meeting or event. Each participant will have an opportunity to share his or her own experience and then hear from the other members of the group.



step one

On flip chart paper, draw a picture of a person. Be sure to exaggerate the head, chest, and feet. Draw a heart on the chest.



step two

Explain that to close the meeting (or event), participants will be asked to honestly reflect on what they learned (the head), what they felt (the heart), and what they will do when they walk away from the meeting (the feet).

trainer note: If time is limited or the group is large, instruct the participants to select only ONE response—head, heart, or feet.

step three

The trainer should go first to provide an example for the participants. Your statement could sound something like the following:

- Head:** “I learned about the different experiences that some of the young people had to share.”
- Heart:** “I felt really proud to be a part of this group and the work that we are doing.”
- Feet:** “I am going to act on this by talking with some of the other community members and telling them our plans.”



step four

Write people's comments next to the corresponding areas on the flip chart paper using different color markers. If necessary, use additional paper.

reflection and discussion

Process the activity using the following questions:

- What themes did you hear?
- What insights do you need to remember?
- Why is it important for the head, heart, and feet all to be involved?
- In what future situations can you use these insights?
- How can you apply them?