

I Feel...

Impact: Facilitates sharing, connecting, and self-expression between group members; provides closure for emotional activities or experiences

Risk: Medium

Group Size: Any size

Time Required: 5 minutes

Directions:

- Pair the group off, and have them stand facing each other, making eye contact and staying connected. Pairs should not stand too close to one another.
- One member of the pair (Person A) begins by saying very simply “I feel ____.” Person A should say honestly how they feel (“I feel confused,” “I feel powerful,” “I feel better than I did before”) to the other person.
- Then Person B responds by saying one way they feel.
- The two continue back and forth until both have fully and honestly expressed how they feel.

Hint:

This is a good, personal way to debrief after workshops, emotional activities, and challenging days. It is a way for people to safely express how they feel following an activity that sparked high emotions, or perhaps even following mediation.

Discussion:

The activity is, in a sense, centered on processing. But it can still be processed in a large group. Ask how their feelings changed as they shared.

- Did the sharing help?
- Was it difficult?
- What was it like to communicate honestly with another person?
- What were the barriers, if any, to communicating?
- Is there anyone who would feel comfortable sharing with the entire group?

Want More?

For more **closing activities**, please see our book *Growing Together* at thefoodproject.org/books.

Want to learn more about how we create youth leadership development models in the context of farming, our social justice curriculum, and our food access initiatives? Attend one of our Institutes! More info at thefoodproject.org/institute.

