


CONNECTIONS*

▶ ABOUT THIS ACTIVITY

 **Time:** 45 minutes

 **Objectives:** By the end of this session, participants will be able to:

- State one valuable aspect of their participation in the training program.
- Express a feeling of connection to other participants.

In This Activity You Will...

- Ask participants to stand in a circle and to toss a ball of yarn to each other. (5 minutes).
- Each participant will say something about how they feel about the training. (40 minutes).

Materials:

- Skein of yarn
- Scissors

 **Preparation:** None

Instructions

1. Use a skein of yarn to literally and symbolically connect participants.
2. Ask everyone to stand and form a circle. Start the process by stating briefly what you have experienced as a result of facilitating the training program.
3. Holding on to the end of the yarn, toss the skein to a participant on the other side of the circle. Ask that person to hold on to the yarn and toss the skein to another participant.
4. Have each participant take a turn at receiving the skein, sharing reflections and tossing the yarn on, continuing to hold on to his or her segment of the yarn. The resulting visual is a web of yarn connecting every member of the group.
5. Complete the activity by stating that the program began with a collection of individuals willing to connect and learn from one another.
6. Cut the yarn with scissors so that each person, though departing as an individual, takes a piece of the other participants with him or her.

Summary

Thank participants for their interest, ideas, and effort.

* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from the Comprehensive Peer Worker Training, Peer Advanced Competency Training (PACT) Project Harlem Hospital Center, Division of Infectious Diseases, 2008.