

Dream Amplification

materials: 1 sheet of paper, writing utensil, large mural-sized paper, paints, brushes

procedure: The small sheet of paper is passed around around the group as each participant writes something. The first person writes any sentence they want to start a story and then passes it to the next person. That person writes a sentence to follow it. This is repeated around the group (multiple times if group is small) each time folding the top of the paper back so that each person can only see the sentence before their own. After the cycle is complete, the last person unfolds the paper and reads the story to the group. The group then creates the story on the large mural paper.

rationale: This activity is great for assessing group dynamics and communication skills as well as building cohesion in a new group. Adolescents particularly will have fun with this.