



**Check In:** What have you been putting off for a while but know the time to do it is getting closer.

**Game:** People/Earthquake/Houses

*Instructions for play: Participants stand in groups of 3. The person in the centre becomes THE PERSON. The participants either side of them become the house. They raise their arms to form a roof over THE PERSON in the middle. The Facilitator demonstrates THE PERSON; When the facilitator shouts ‘PERSON’ the Participants who are currently THE PERSON must leave their house and find a new one. You as facilitator are also trying to find a house. All THE PERSON’s move and someone will end up not in a house. They then become the facilitator. Then demonstrate THE HOUSE: The Participants who are currently THE HOUSE must leave their PERSON (who does not move) and build a new house over a different PERSON. You as facilitator are also looking to form part of a HOUSE over a PERSON and someone will again not end up in a house. Finally demonstrate EARTHQUAKE: This is where everyone has to move and find a completely new group where they are either part of a new HOUSE or PERSON. Once Participants have practised the 3 instructions in the demonstration the game begins. The Facilitator starts by calling out either PERSON, HOUSE, EARTHQUAKE. Whoever is out starts the next round.*

**Question for discussion:** One of the elements of learning in this module is Affect Theory. What, from that, resonates with you? *Sequential circle discussion.*

**Reflective Question:** Think of a time when you were emotionally overwhelmed. What helped you return to a regulated/calm space? *Five-minute discussion with a partner followed by a sequential circle for those who would like to share any learning from their discussions.*

**Check Out:** Something you are taking away from today and something you’d like to explore further.

*Facilitator may want to write these down for future discussions and actions to be taken.*

“Nobody can actually feel another’s pain or grief, another’s love or joy or hunger. And similarly, nobody can experience another’s understanding of a given event or situation” ***Aldous Huxley***

Check in