

Session 24 (or as required)

Suitcase of Survival Exercise for revisiting Group Guidelines

Aims:

- it's an effective way to work on problem-solving and teamwork skills in a group of any size
- it helps teams develop coordination communication and collaboration skills.

The facilitator shows a diagram of suitcase and asks the members of the group:

Name one characteristic that you believe that it can strength our group it can take it "higher"

Name one characteristic that you believe it might harm our group or can block it negatively

Name one of the negative characteristics that you have mentioned so far and think how you can deal with it

Then the facilitator suggests: Discuss again all the positive characteristics

We all agree that we will throw far awayto a place that the group members will mention all the negative characteristics

We all agree that we take with us in our suitcase the positive characteristics to keep them in our mind in any difficult situation we may encounter during our trip