

Developed by 'The dialogue pilot - a handbook in dialogue' exercise no. 5 p.26 adapted by Duygu Cakir and Agnete Holm

 **AIM:** A closing exercise that invites the participants to share their current state of mind

 **Participants:** 5 - 15

 **Duration:** 10-30 minutes, depending on the number of participants. If many participants, it might be a good idea split in smaller groups.

 **Required Material:** a room in which the participants can sit and see each other.

 **Category:** Closing exercise / Homogeneous, inter-faith, inter-cultural

THINGS TO CONSIDER

- A. Consider carefully what you want to use this exercise for, and to what degree the information they are sharing should be personal. It should be adapted depending on the group and how well they know each other.
- B. Be aware of the participants, if someone feels uncomfortable with the exercise – it may help to talk about something very specific.
- C. If and what participants share should be voluntary.

STEPS

Preparation	Sit with the participants in a circle and don't start until you have everybody's attention
Activity (10 – 30 minutes)	<p>The facilitator introduces the exercise.</p> <p>To start the sharing each participant will get a chance to share their thoughts/feelings/present state of mind</p> <p>The facilitator can help the sharing along by asking one or more of the following questions:</p> <ol style="list-style-type: none"> 1. What is your current state of mind? 2. What thoughts / feelings will remain with you after today?

	<ol style="list-style-type: none"> 3. What are your innermost feelings at the moment? 4. What in particular are you taking away with you? 5. Have you learned something new about yourself? <p>The sharing is not meant for discussion by the group – it is a sharing that is given as a gift and not a theme to discuss.</p>
<p>Reflection</p>	<p>Depending on time, you may want to ask if any of the participants has more to share or wants to express a word of thanks or encouragement to anyone in particular for their sharing.</p> <p>The content of the sharing should not be discussed but it will give you as a facilitator an idea of what the participants have learnt, what they are thinking and how you can support them in the steps going forward.</p>
<p>Conclusion</p>	<p>Thank everyone for what they chose to share with the group and remind everyone that what was shared is a gift given and received and should be treated as such</p>