

3 Steps

Point maker activity



3+ people



time can be flexible depending on how the activity is conducted

Topic

Challenges, learning goals and feelings

Objectives

to get to know yourself better, overcome challenges and reflect on the learning process.

Jammin Board



ARTS



NFE



INCLUSION

Steps

Let the participants verbally analyze a situation/topic that seems bigger than them in three stages: present, desired future and steps to be taken.

1. What I have at the moment ...
2. What I desire ...
3. What I have to do to obtain what I want ...

This activity helps the participants to gain control over issues addressed in the previous part of the session that can feel overwhelming or triggering.

If you want to let the participants express how they feel after a general session you can use the 3 stages formula: body, mind and heart.

1. I feel ... (physical sensations)
2. I felt ... (memories sensations)
3. I want to feel ... (heart desires)

Or let the participants reflect on the activity and share their learning goals through the 3 WHOs:

1. Who I was ... (at the beginning of the learning process)
2. Who I am now ... (What's new in you?)
3. Who I will be ... (after the learning process)