

# TREE AND WIND TRUST GAME

**Time:** 30 minutes

**Goal or purpose of the exercise:** To highlight situations of insecurity or fear and to gain confidence in yourself and the group.

## **How it's done/facilitator's notes**

Form a tight circle of six to seven people, with one person in the middle. Ask the person in middle to place his/her feet solidly on the ground, close his/her eyes, and let him/herself fall to one side (as if a tree being moved by the wind). Ask the rest of the group to keep their hands in front of their bodies and pass the person in the middle from one to the other, without any brusque movement, not letting the person fall. It's important that all in the circle coordinate to make the 'tree' move from one side to the other. After a minute, ask another person from the group to go to the middle. It's important that all people participate, so that they can share their experiences.

Once each person has had a turn in the middle, on a big sheet of paper, write the feelings and experiences that everyone had during the game. Relate these impressions to fear. Compare some real situations where fear appears or some consequences of it with what the group has said. Summarise the consequences of fear and what can be done to overcome it.