

TWO-SIDED TOSS

TIME 20–40 minutes

SUPPLIES

- › Index cards (3–5 per player)
- › Pens or pencils

THE GAME Start by asking the group to think about particular worries in their lives. Have players write a worry on one side of an index card. Tell players not to sign their name or write on the other side of the card. Gather everyone in a circle. Players toss their cards (cards) to the wind. Have players take turns picking up a few cards and reading the worries out loud. Without identifying the person who listed the topic, allow a few minutes for players to discuss each worry. Let them give their sage advice on letting go of or conquering the worry.

For the next round, ask everyone to find his or her original card. Tell them to think of a goal they have for their lives. (The flip side of worry is to focus energy on the positive, on an action they can do and work toward.) Have players write the goal on the blank side of their card. Gather in a circle again and have players toss their cards into the air. Players can pick a few cards at random and read the goals. Allow a few minutes to discuss each card and let them encourage each other to reach for their goals. Players should find their original cards and record any ideas, advice, or thoughts they want to remember.

GOING DEEPER

- › How did it feel to name your worries and release them?
- › Was there any advice that really struck you as wise or doable for any of the worries?
- › Was it easy or hard to think of goals?
- › What helps you focus on possibilities and move toward a positive future?
- › Why is it important to set goals?
- › What did you notice about the goals that were read?
Are they big or small, short-term or long-term, involving one or more people?
- › Do they involve learning something new
(taking a new class, getting a job, learning a particular skill)?
- › Would you like to set new goals as a result of this exercise?
- › How can you support each other in your efforts to reach goals?