

GAME: JUST BECAUSE



All participants



10 min



The participants sit in a circle. Now the trainer gives the instruction that each participant turns his/her head to the participant to his/her left and says: you....participant name....should dream just because....state a reason.

The exercise ends once everybody gave the motivational sentence and received one.

Trainer/s may or may not actively participate. Usually the training pair would give each other the motivational sentences at the end of the exercise.



The exercise will reinforce a sense of community, mutual trust, caring, and lasting communications. It is particularly good for closing training day, session, and module.