

DRAW ME



All participants



25 – 30 min (7+23)



Lead trainer writes down the word FEAR on the FC. He/she then asks each participant next 7 minutes to think of their worst fear/s for a couple of minutes, then draw it on the paper, and place the paper on FC.

Next 23 minutes, open the discussion on what fears are, which ones do we see on the FC, how they make us feel, how we cope with them. Group the fears into categories if possible for easier discussion facilitation, e.g. fears of the unknown, fears of the known, etc.



This exercise will help to better understand fears.



A4 papers, FC paper, crape tape,