



NAME OF EXERCISE	GIVING PRESENTS
SOURCE	Contributer: Marika Alhonen
USE IN GAME-PHASE	Getting into the game
DURATION	Depending on the size of the group +/- 15 minutes
PARTICIPANTS	2-15 persons, whole group
PURPOSE	This improvisation-based exercise helps the participants to get into a playful mode, use their intuition and collaborate with other participants.
SHORT SUMMARY	The participants stand in a Circle and clockwise give an imaginary present to person next to them. The person who receives the present defines what it is, making it something they really want to have. The person who gives the present uses the body to mime what kind of a present they are giving. The other person takes the present as if it existed in real life and adds a verbal explanation of what kind of a present they receive. Then that person gives a present to the next person, and so on.
LifeComp - Competences	S1 - Empathy S2 - Communication S3 - Collaboration
USES & OUTCOMES	● To be in the moment and be spontaneous ● Create a positive and trusting atmosphere in the group ● Trust your intuition and accept your own ideas ● Collaborate and communicate ● Train Pantomime and Body language
ROOM REQUIREMENTS	A space that is free from furniture and big enough so that the participants can stand in a circle.
PREPARATION / MATERIALS	No materials needed.
INTRODUCTION	We are going to play a game where we give each other imaginary presents. The receiver of the present will delight the giver by showing how much they like the present they received. The receiver of the present also defines the content and nature of the present. Principles ● Make your partner look good, accept offers ● Do not plan, be spontaneous and accept your own ideas ● Listen to your intuition and let the body guide you
SEQUENCE OF STEPS – DESCRIPTION	
STEP 1	Everybody stands up and the group forms a circle.
STEP 2	The facilitator gives an example of how the exercise works.



STEP 3	- Person 1 gives person 2 a present accompanied with congratulations. and hands over the present with the hands offering a certain size, weight and form, but does not say what the present contains. - Person 2 takes the present trying to maintain the offered form, weight and size, and thanks sincerely for the present. Then he/she accepts the first idea that comes up in his/her mind and says out loud what the present is. - Person 2 continues and gives a present to person 3, etc. Example: - Person 1: (holding something small and round in the hands) <i>Congratulations to your new house!</i> - Person 2 takes the round present and says: <i>"Thank you so much for this wonderful crystal ball. How did you know that I needed one?"</i> - Person 1 (accepts, even though he/she was thinking about an apple) <i>Yes, it is nice isn't! I thought of you when I saw it.</i>
STEP 4	This way, the group can play as many rounds as they like.
REFLECTION	The facilitator can ask the participants to discuss with the help of some reflection questions - How did this exercise make you feel? - What was easy/challenging? - What did you learn from this exercise?
TIPS	The exercise can also be done in pairs, A and B give presents to each other.