Bond of Joy

Élményakadémia





N° of pax
min. 3 max. 60



outdoors



1,5-3 hours



outdoor experiential education

PURPOSE

- connection
- creativity
- nature as a teacher

MATERIALS

- small ropes of 1 meter, as many as participants
- suitable outdoor clothes for being outdoors (crawling, dancing, running)
- whistle - for time keeping and calling participants back
- water bottle for participants (sun protection if needed)

PREPARATION

find a big outdoor spot - a part of a forest, meadow, shore of a creek or a bigger park where there are not many other people, preferably no other people at all.

INTRO

Bond of Joy is an experiential education activity where participants can experiment with connecting to others and themselves in an unusual way. The activity is done in complete silence, thus the Silence of the Forest can guide you and your group into unknown terrains. The activity fosters creativity, stepping over unnecessary boundaries and encourages out of the box acting and thinking.

BOND OF JOY

STEPS

Find a big outdoor location where your participants can get "lost" for 1,5 - 3 hours. Possibly a part of a forest which is known by your participants from previous activities. You can mark a territory which is used for the activity - use outstanding landmarks to show and describe the borders of the activity area (hills, lakes, different forest spots, trees, rivers etc.)

1. Guide your participants to the location you choose
2. Ask them to form groups of trios (you can also allow groups of 4)
3. Tie them carefully together - possibly clothes to clothes - like trousers to trousers at hip height with the 1 meter ropes - the small groups need to form a line (not a circle)
4. Ask them to walk and wander in the described territory for the given time frame, before which they may not return back to the starting point
5. The only instruction you give them is to Enjoy! and to keep silent (no word expression during the activity). They will spend a relatively long time together and the only task is to discover the forest and each other and they need to focus on Joy - how they can create a joyful experience for themselves and each other. Ask participants not to use mobile phones (for photos or for time keeping) but normal watches.
6. They can run, dance, crawl, walk, roll whatever - sleeping and doing nothing is to be avoided (comfort zone)
7. Their activity is over when time is up. You can use a whistle to call the participants back.

REFLECTION

- How was this activity for you? How challenging was it to be tied together and mute with 2-3 other people?
- What did you discover about yourself?
- How does this activity support your well being?

COMMENTS

This activity can be very challenging for some and a very joyful and deep experience for others. Make sure that you as a facilitator monitor the small groups from a distance and you might need to intervene in case of emotional or physical emergency. It is advisable to group people who are sympathetic to each other and know each other well. The activity is used when the group has already started performing well and it gives them an extra opportunity to discover each other from a different perspective.