ANGELS WALK

Élményakadémia



N° of pax
min. 10 max. 40

indoors | outdoors

20-60 mins

well being

PURPOSE

- appreciation • saying goodbye
- emotional connection

PREPARATION

- preferably done when the sun is already set
- create an atmosphere: use candles to make dim light
- smoothing atmosphere, incense, tea/water for drinking
- pillows and blankets

MATERIALS

- find an undisturbed, peaceful natural spot or indoor room
- have music equipment (speakers)
- have a collection of emotional, light music

INTRO

Angels Walk is designed for emotional closings of longer training events. It gives a final appreciation for all participants done by everyone. It is very emotional, can give space not only for cognitive but also emotional closing, and gives a safe place for feelings. The activity is an act of saying goodbye in a meaningful way.

STEPS

* One of the most important steps is to prepare the place where you intend to perform the Angels Walk nicely. If you choose an outdoor environment, make sure it is in a remote place and nobody will disturb you while performing it. Both indoors and outdoors you can use incense, candle lights and music to facilitate the process. You can ask participants to prepare themselves for this activity, they can choose a dress, make up or any symbols on their appearance which is important to them from the training event.
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ANGELS WALK

1. make 2 rows of participants facing each other, make 1 meter distance between the 2 rows
2. tell them that the activity is about giving each other appreciation, ask them to give as many positive feedbacks to the Angel (the walker) as possible
3. invite participants to add physical connection to the feedback as well - hugs, touching of shoulders, hands and backs
4. describe that while the Angel is walking slowly between the rows, each of the participants will have the opportunity to give gentle touches and whispers (into the ears of the Angel)
5. when starting the activity ask for the first volunteer to be the Angel
6. you as a facilitator will lead the Angel to the beginning of the path, and start giving positive feedback to this participant, not only verbally, but you can touch the shoulders, hands of the participant to give a bodily connection to the process too
7. you can ask the Angel to close their eyes if it is comfortable
8. you gently lead the Angel between the rows, then they start to walk slowly themselves
9. make sure that the appreciation shower is continuous and all of the participants have one Angel walk
10. when a participant finishes the walk (depending on the length of the row it can be between 2-5 minutes) escort them back to the row and ask for a new Angel
11. make sure there is continuous music accompanying the process - if someone gets overwhelmed, they can take a rest on the pillows and sip some water



REFLECTION

It is not a typical activity which needs immediate reflection but if the atmosphere allows it you can ask the following reflection questions:

- How was it to be an Angel?
- What did this activity give to you, how did it change your self-perception?
- How was it to say goodbye to each other?
- How did you feel during each part of the activity?
- What did you learn about yourself and what's around you?
- How do you think this activity can contribute to resilience building?

COMMENTS

As it comes through from the description, this is a highly sensitive activity - it only works well when the group has known each other for a while and they have good emotional stability as a group.
It includes physical touches, please make sure it is comfortable for everyone - if someone does not want to receive physical appreciation create a signal (arms up) which indicates that they should stop touching. Also, it is best to lead the activity by two facilitators - one who starts the Angel to walk, and one who supports the walk from the outside. Monitors how the process goes, can offer a rest to participants who are overwhelmed and can take care of time and music.
Also, music is an option to support the activity - it can work both with or without music. Music can let people enter into the emotional flow, but can also be too much for some. Discuss with the participants what they prefer.