





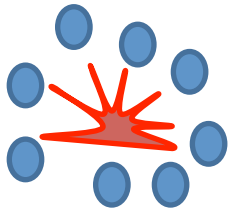
## Campfire Exercise #1

### Simple Reflections (Use same words or a rephrase)

Start by forming a circle

- Person 1 (P) makes a statement to P2   It can be anything:  
    *"The humidity is making me sweat."*      *"I love my dog."*
- P2 responds with a Simple Reflection   Just a few words are fine:  
    *"You are sweaty!"*      *"Your dog means a lot to you."*
- P2 now makes a statement to P3, and P3 responds with a Simple Reflection.
- P3 makes a statement to P4, and P4 responds with a Simple Reflection.





Continue until everyone gets a chance then go around the circle again.  
Go around the circle 2 or 3 times.



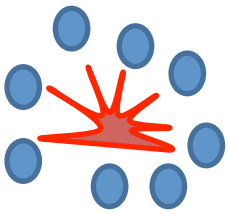
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- P3 makes a statement to P4, and P4 responds with a Simple Reflection.

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Campfire Exercise #2  
**More Reflections: Let's go Deeper**  
Reflecting for meaning and feeling

Form a circle with the group

- Person 1 (P1) makes a statement  *"The humidity makes me sweat"*
- P2, 3, 4, and 5 each responds to that statement with a different Reflection



TRY TO REFLECT FOR FEELING OR MEANING.

*"This weather makes you uncomfortable"*      *"You don't like being sweaty."*  
*"Being sweaty feels good to you"*

Start a new statement with P 6 because it can become too difficult to continue reflecting on one statement.

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