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.
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.