

Create & Connect: Secret Workshop Plan (2 hours)

0:00 – 0:15 | Welcome & Connecting

- Warm greeting: explain it's about *creating & connecting, no pressure, just play.*
 - **Name, gesture** (circle, everyone repeats).
 - **Breath + Shake Out:** shake arms/legs, sigh out tension. Very grounding and low-stakes
OR
 - **Funky Chicken:** Everyone shakes each limb on 4 separate occasions to the count of 8, then 4, then 2 and after 1 everyone shouts funky chicken. Very good for releasing tension and getting energy up.
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0:15 – 0:35 | Group Connection Warm-Up (order would depend on ice breaker chosen)

- **Group Counting:** count to 20 as a group (restart if overlap). Builds listening and attention.
 - **Yes, And... Story:** As a group, tell a simple story one sentence at a time. Everyone must start with "Yes, and...". (optional) Can make it more challenging and funnier to use 1 word each to make a story)
 - Quick check-in: "How are you feeling in one word?"
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0:35 – 0:55 | Pair Connection (Couples)

- **Alphabet game** – Taking it in turns to say sentences going through the alphabet e.g. person 1: Aloha! Nice to meet you, person 2: Beautiful weather we're having etc
 - **Mirroring:** in pairs, one leads small hand/face movements, the other mirrors. Swap.
 - **Word Gift Exchange/ association:** one says a random word, the other responds with an "offered" word, like giving presents. Can become silly or poetic.
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0:55 – 1:15 | Break (20 minutes)

Encourage informal chatting to keep the spirit of connection alive.

1:15 – 1:40 | Creative Group Play

- **Sound Ball:** Pretend to throw a ball around the circle with a sound attached. Receiver catches it and changes it.
- **Imaginary Ball:** One person starts with an imaginary ball and passes it around the group they can make it whatever size/ weight, the person receiving must accept it in the same way it's given then change it to pass it on.

- **Whoozit:** The seeker is sent outside, inside the group chooses a Whoozit, a person who will discreetly lead the group in making constant rhythmic motions, when the seeker comes back, they must guess who the Whoozit is.
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1:40 – 1:55 | Collaborative Creation (Lighter Energy)

- **1, 2, 3:** Two people face each other. They count to three, changing who starts the count each time. We then repeat; but replace the numbers with actions e.g. instead of saying 2 they clap their hands, and then also adding in instead of saying 3 they jump in the air. Eventually they are “counting” in turns with actions.
 - **Group Freeze Frames:** in trios/pairs, make frozen pictures from prompts (“At the zoo,” “On holiday,” “Outer space”).
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1:55 – 2:00 | Closing

- Circle reflection
- Deep breaths