

MY EXERCISE

– using pictures to talk about day-to-day exercise

The aim of 'My Exercise' is to gather participants and create a good atmosphere for the day's session. The pictures give associations with various types of movement and exercise, for example the gym, walking and playing. The pictures can help verbalize the fact that everybody moves around differently in their daily lives. Participants can choose the cards that reflect things they do or do not like or which show what they think is fun.



Approximately 15-20 minutes, 1-2 minutes per participant.



42 picture cards of movement and exercise for each participant

Good table space. Possibly an additional table for participants to sit around



Group



The same type of exercise as 'My Mood today' and 'Who Am I?'

The same pictures as in 'Physically (Im)possible'

STEP BY STEP

1. The educator introduces the aim of the exercise: To describe and think about choice of exercise in daily life.
2. The picture cards are spread out on the table that participants either sit or stand around.
3. The educator introduces the exercise by asking participants to select 1-3 cards that reflect how they feel about exercise and keeping fit - this could for example be what they do and do not like or that they find fun. If one of the others takes a picture that another would like to have had, it is alright to use it when it is their turn.
4. Participants each take 1-3 cards that reflect how they feel about exercise and motion.
5. The educator illustrates exercise by taking a number of cards and telling the group about his/her own feelings about exercise and keeping fit.
6. Participants then take turns to show their cards to the group and say why they have chosen them.
7. The educator concludes by thanking participants for sharing thoughts with each other.