

Activities for workcamp participants

Blob tree

Length: 15-30minutes

Main objective(s): reflection

Materials needed: Blob tree copies (no. = no. of volunteers), colors/markers

Outline (step by step methodology):

Blob Tree was created by behavioural psychologist Pip Wilson, who is a psycho-educational gamester and EQ developer. This test helps us to recognize and strengthen emotions.

The Blobs are simple. They deal with deep issues using the primary languages we learn from infancy – feelings and body language. The Blobs are neither male nor female, young nor old, European nor African, ancient nor modern. They are outside of culture. Blobs are the best of us and the worst of us. They don't tell us what we ought to do, or what we mustn't do...they merely show us how a variety of people feel. Without words, the Blobs can be interpreted in a hundred different ways. There is no right and wrong about the Blobs, which is very important. A leader who uses them in a 'one way of reading them only way' will find that the rest of their group become very frustrated in discussions.

Each picture is a means to a conversation, rather than a problem to be solved or a message to be agreed upon. If the people you are working with read the characters in totally opposing ways, that's fine. We each see the world through our own eyes. Allowing others to share their feelings enables group members to understand and appreciate one another. For each of us, emotional literacy is a journey of self understanding.

1. Hand out a photocopy of the Blob tree to each volunteer. Give them few moments to look at the image and let them think about their own interpretation about each blob character's feelings.

2. Explain that you want to give them a chance to record how they are feeling about what ever you want to reflect on - it can be the whole day, or something more specific. Volunteers think about which blob character they most identify with and colour it.

3. Ask volunteers to share their blob tree eather with those near them (2 or 3) or with the whole group, and discuss their reasons for chosing their blob.

You can do Blob tree activity each day, with the same questions, and volunteers can see on daily baiss how their feelings are changing. On the next page, there's a picture you can use for this activity and print out for each volunteer. As the Blob tree method has copyright, we cannot provide you the original image with the tree, but we prepared a Cats Path which can be used in exactly the same way.

Notes: source <https://www.blobtree.com/>

