

Activities for workcamp participants

Seeds exchange

Length: 20 min

Main objective(s): appreciation, learning reflection, saying goodbye

Materials needed: bags of seeds (as many as participants)

Outline (step by step methodology):

As a farewell, divide bags of seeds to participants. Invite them on an exchange.

When music in the background stops, participants should find a person, tell him/her what they appreciate in them or for what kind of a gift they are thankful from them (a feedback, reminder, lesson etc.) and exchange bags of seeds.

We repeat the procedure couple of times. At the end, we can continue with the other activity Planting Seeds from this handbook.