

What Just Happened?

Step-by-Step Instructions:

1. Explain to the group that this is a variation on charades.
2. When it is his or her turn, a participant is to pick a piece of paper from the basket and act out “what just happened.” (no words should be used)
3. The group is to try to guess “what just happened.”
4. Optional: Time each participant and see who can get the group to get the correct answer in the shortest amount of time.

Example Scenarios for Adults:

- Your child just brought home a great report card.
- Your spouse/partner did something nice for you.
- You just told your son that he could not have M&Ms at the grocery store.
- You just locked your keys in the car.
- You just burned dinner.
- Your spouse/partner just gave you a present you have been wanting for a long time.
- The washing machine just broke.
- Your kids just started fighting.

Title: What Just Happened?

Group Size: 10 to 30

Time Needed: 15 to 45 minutes; facilitator can decide how long; this activity can be stopped at anytime

Goal: To help participants understand the universality of some dilemmas, and to help participants examine how their reactions may be part of the problem

Audience: Parents, Children, Teens, Singles

Special Considerations: None

Resources Needed:

- ✓ Several scenarios (related to group) written on individual small pieces of paper
- ✓ Basket or bowl for papers

Example Scenarios for Children and Teens:

- You just failed a test.
- You wrecked your parents' car.
- Your friends and you are having a great time together.
- Your best friend and you are in a fight.
- You just got an A on a test you studied really hard for.

Tips for Discussion and Processing

There is usually a lot of laughter during this activity. It is a nice way to help people realize they are not alone in their struggles. This can be a powerful way of building empathy within a group and helping participants understand how their reaction to a situation may be making the problem worse and ultimately, not solving anything.