

## House Party Activities (UP)

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**Elevator Pitch** - introduce self (in 3rd person) with something you identify with

**Stream of Consciousness** speaking game: say a word/phrase that comes to mind,

**Guided Meditation**/Sound Circle/Drum Circle

**Sharing Mantras**/slogans/wise words - a slogan that guides your thoughts/behaviors.

Scavenger Hunt/**Human Bingo** – collect clues from people

**Cooperative Tasks** - like build a Machine together with sounds/actions

**Values Mapping** – Participants place stickers on a board of shared values

**Conflict Transformation** Workshop – Lightly facilitated session

**Speed Friending** – Rotate every few minutes with a (card) prompt to discuss

**Art Reading**: offer your interpretation of a 1930's themed art piece

**Sing/Dance/Act/Play** - based on personal level of comfort