

Toolkit 2 - Learning Unit 2 Post intervention



BEFORE ANYTHING PLEASE REMIND

Good preparation and **anticipation** are the best way to be ready when the crisis arrives (cf Toolkit 2 other Units)

Your role, as coordinator, is to make **members of team know each others** and **develop a great collaboration** between them, to be ready when the crisis will arrive.

Being a coordinator who takes part of the team, needs **involvement** to develop **strong and trusted links** with your collaborators.

Remember you **has to be trained** to crisis emergency interventions and in **good and safe mental and brain Health**

N.B. : all exercices can be used in pré-acute phase, acute phase and follow up but with variations depending on the time you have.

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Activity 1a Singing names



Check

1. Do the team members know each other ?

If you answered “No”, please try this activity with your team :



Exercise : WITHOUT MUSIC

- Gather the team and do a standing round
- The coordinator begins by introducing him/herself by saying his/her first name while clapping his/her hands
- The group repeats the name in unison while clapping
- The person to the right of the coordinator says his or her name while clapping
- The group repeats the name in unison while clapping,
- and so on counter-clockwise
- Go around twice ...



To go further : WITHOUT MUSIC

Once the group members are comfortable with each other's names, repeat this exercise while inserting a call to the other:

- The coordinator begins by introducing himself/herself by saying his/her first name while clapping his/her hands
- The group repeats the name in unison while clapping
- The coordinator calls out to someone who is not next to him/her while clapping his/her hands
- The group repeats the name in unison while clapping,
- The person called says his or her name
- The group repeats the name in unison while clapping,
- The person called calls another member of the group, and so on ...
- Make sure that everyone passes at least twice