



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**

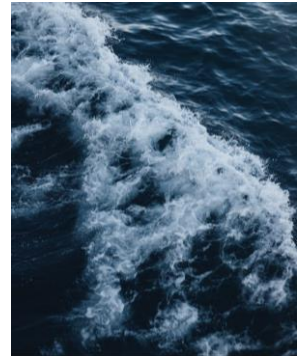
N.B. : all exercices can be used in pré-acute phase, acute phase and follow up but with variations depending on the time you have.





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Activity 3a The Wave



Check

3. As coordinator, do you feel your team has a sensory and emotional awareness about their group ?

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



Exercise : WITH MUSIC (ex : Arvo Pärt Spiegel im Spiegel)

- Line up the different team members so that the coordinator is in the middle of the line
- Participants stand shoulder to shoulder
- To music that builds to a crescendo, the coordinator leads the group in line back and forth between the two ends of the room.
- As the music increases in intensity, the line speeds up to the point of running and the members must synchronize in order to stay shoulder to shoulder and not break the line.
- At the end of the exercise, return to calm by walking more slowly in the back and forth



To go further : WITH MUSIC (ex: Vivaldi - Spring, Part 2 Largo then Part 3 Allegro)

- Use a flexible sheet and **play music with a crescendo in intensity**
- Gather the stand up team so as to each person grabs an edge of the sheet in each hand. The sheet has to be taut.
- The coordinator places a ball on the stretched sheet
- The goal of the exercise is that the ball does not fall off, each person acting at his or her position so that it stays on till the end of the music.

