



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 4a The Chrysalis



Check

4. Do members feel committed, confident and close-knit ?

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



Exercise :

For this exercise, play soft, relaxing music to encourage letting go. If this is not technically possible, invite the group to create the sound by voice in a tone similar to the OM of the yoga sessions

- Gather the team standing and make teams of 5 people
- Stretch the sheet so that there are two people on each side and one person in the middle.
- The fifth person tests the confidence and sense of security by allowing themselves to be engulfed in the sheet without holding back.
- The other four people are in charge of holding the sheet tightly enough so that the person does not fall.
- Swap positions so that everyone experience the chrysalis and change the teams of 5 so that everyone meets.

