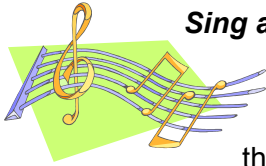


## Closing Activity

Bringing closure to the day's meeting helps with the transition from participating as a group member to leaving the group to resume life as an individual. Select an activity that the group wants or use the ideas listed below.



**Sing a theme song** of the group, selected by members, and sing it at the end of every meeting. Singing the song at the end of the meeting establishes a ritual that is expected to happen each time. Positive rituals create long lasting memories. Mothers might remember the song and then sing it to their babies.



Do a group activity, such as **Rain**, where the members do the following motions in sequence to mimic sunshine and rain.



The facilitator begins with **arms above the head with fingers touching to form an "O"** to mimic the sun, and turns to the person on the right. Each person does the until the gesture reaches the facilitator.

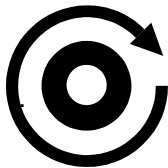


Then, the facilitator **snaps her fingers to mimic drizzle**, turning to the person on the right and around the circle it goes.

The facilitator **claps her hands to mimic heavy rain**.



The facilitator **pounds the table** to mimic pouring heavy rain



The facilitator **reverses** the process, starting with hand clapping, finger snapping, and forming an "O" to mimic the return of sunshine.

The facilitator, then says parting words '**Thank you every one for coming.**' We will see each other next week!"

