

ACTIVITY: HEAD, HEART, AND FEET

OVERVIEW

Intended as a meeting’s closing activity, this exercise helps group members reflect on what they gained at the meeting and learn from other members’ responses.

OBJECTIVES

- To reflect on the events of the meeting
- To articulate what members learned and felt during the group meeting
- To identify what your group’s next steps will be

TIME REQUIRED

Approximately 40 minutes, depending on the size of your group

SUPPLIES

You’ll need a flip chart and markers in three colors (one each for head, heart, and feet) for this activity.

WHAT	TIME	HOW	MATERIALS
Step 1: Creating the chart	1 min	On a flip chart, draw a picture of a person. Be sure to exaggerate the head, chest, and feet. Draw a heart on the chest.	Flip chart Markers
Step 2: Setting the context	2 min	Explain to the group, “To close this meeting, we’re going to reflect honestly on what we learned, what we felt, and what we will do when we leave this meeting. That’s the head, heart, and feet you see on this drawing.” *If time is limited or the group is large, instruct participants to select only one reflection – head, heart, or feet.	
Step 3: Sharing and learning from one another	20–30 min	Provide an example for your group, for example: Head: “I learned about the different experiences that we all bring to the table and how we can begin to work together.” Heart: “I felt really proud to be a part of this group, and I can’t wait to get started on the work.” Feet: “I’m going to act on this by talking with some of the other community members and telling them about our next gathering.” Have group members share their responses and, using markers in three different colors, write their comments next to the corresponding area on the flip chart paper: heart, heart, or feet. Use more paper as needed.	
Step 4: Reflecting	5 min	Process the activity using the following questions: <ul style="list-style-type: none"> ■ What themes did you hear? ■ What insights do you need to remember? ■ In what future situations can you use these insights? ■ How can you apply them? 	