Screwdriver

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| In short | Group is standing in a circle with their arms spread, eyes closed. Ask the participants to rotate their upper body as far to the right as possible. Open your eyes and remember the farthest point the arms pointed to.  Second assignment: Image you are a screwdriver driving a screw deep into the wood. Round and round. Close your eyes again and repeat the first assignment. Open your eyes and see the farthest point the arms are pointed now. |
| Goal | Experiencing the power of imagination |
| Prepare | Enough free space. Divide the group in two if necessary. |
| Steps | Review the exercise: what did it to you? How come? |
| Hints and tips | Only start the exercise when everyone is relaxed an focused on her/his own body. Give it some time or start with a relaxation exercise.  Speak calm a bit slowly. |