

Creating a Net

Helpful Materials

Yarn, scissors

Number of Participants

6-25 people (This activity has been done with community health workers, elders, youth, and people of a variety of ages.)

Amount of Time

20 minutes. Time will vary depending upon the number of participants.

“Creating our net was fun because I can look back at the string and remember what was discussed and how it affected me.”

This activity works great as a closing activity to summarize what participants have learned.

All participants stand in a circle. The facilitator tosses a ball of yarn to one of the participants while holding on to a piece of the yarn.

When the person catches the ball of yarn, they are invited to share: *something they learned, what they hope to do as result of being part of this learning experience, and any other comments.* Depending upon the purpose of this activity you may choose a different question for participants to answer. This activity has also worked for people to share one healthy activity they plan to do to take better care of their health.

After sharing their ideas, the person then tosses the ball of yarn to a new person, while holding on to a piece of the yarn. This activity continues until everyone is holding a piece of the yarn.

Together, we look at all the ways we have become connected throughout the learning and now physically through the ball of yarn.

Each person is invited to cut a piece of the yarn and take it home as a way to remember their learning experience. Yarn can be woven into a tassel or other string design as a course remembrance. Participants can cut 3 pieces of yarn and weave them together to symbolize health being strengthened by personal, family/friends, and community wellness. Another way to symbolize the 3 strands of yarn are to reflect upon the importance of mind, body, and spirit.

Thank people for their participation and sharing.

