Jelly Baby Tree

Duration:

10 - 30 minutes

Objective:

To identify participants feelings at any time and encourage discussion.

This is a useful activity to get feedback on how participants are feeling and to encourage discussion around their emotions. This could be in relation to a training session, the topic or more generally in meetings etc.

Instructions:

Provide each participant with the Jelly Baby Tree sheet and ask them to colour in the jelly baby that they think best represents them. Once they have done this, take it in turns to ask each person to show their coloured in jelly baby and explain why they chose it.

Or...

Place the picture on a slide and ask participants to point out the jelly baby that represents them and explain the reasons.