



5 COOL WAYS TO OPEN A THERAPY GROUP (THAT WORK VIRTUALLY OR IN PERSON)

Have group members find and share a quote that describes their life or situation at the moment.

Each group member provides a report card of their progress in group therapy at this time and how they can improve their grade or why their grade is good

Group members go outdoors or around the room to grab a piece of nature/item that represents how they feel today

Opening guided meditation or progressive muscle relaxation to set the tone for the group.

Group members free draw for 5 minutes and afterwards, share what came up for them in the process and/or share their drawings