

Life Pathways Embers

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Theme: Expressing your hopes for the future through an artistic medium

Age of campers: 10+

Time allotted/actual: 45-60 minutes

Location: Anywhere quiet, with a table to work on.

Props/Materials/Symbols: Pens and paper for everyone.

Prep done: Gather materials and set them out for everyone

Opening/Mood set: The book *Das Energi* by Paul Williams has some wonderful insights about the future and the human craving to think and obsess about it. Reading a quote from this book can be a powerful opener.

Questions/Activities:

1st activity: Have everyone share their visions and talk about them. Start everyone with a large sheet of paper and a pencil. Ask them to draw an image of what they imagine their best pathway in life will lead them to in the next 5-10 years. Give a few minutes for everyone to draw and chat as they go.

2nd activity: Next, have everyone pass their papers to the right one person. The new holder of the drawing is now asked to draw in an obstacle or unexpected event (realistic – no T-Rex) in the drawing that stands in the way of achieving that vision (take care that the drawings are not ruined by this, it must be done poignantly and tastefully). Now have everyone pass them back to the original artist--when they return everyone can speak about what the obstacle is.

3rd activity: Finally, have the original artist work with their drawing in a new way to get around the obstacle and adapt to the change--how can the vision be modified to incorporate the unexpected turn in the path?

Closing: When everyone is done, share the drawings and talk about how unexpected things happen and how people adapt to them. Is there ever any such thing as a perfect vision coming true?

Were other people involved? None needed.

Thoughts on pacing? Embellishing the experience with favorite quotes or a short story can really enhance the metaphor of overcoming obstacles and adapting to life changes.

What would you change next time / what did you learn / how would you enhance it? Leave ample time for discussion at the end and encourage it. Due to time constraints, this opportunity is often missed and it can present salient in-roads to core needs and wants in the speakers.

Camper feedback: "This was my favorite embers that we did."

Notes

-<http://www.amazon.com/Das-Energi-Paul-Williams/dp/0934558000>

Amazon link for the book *Das Energi*

-http://www.amazon.com/Chicken-Soup-Soul-Jack-Canfield/dp/1558749209/ref=sr_1_1?s=books&ie=UTF8&qid=1322103801&sr=1-1

Amazon link for the book *Chicken Soup for the Soul*