



T puzzle

Theme of the session :

Creative brainstorming activity to develop out of the box thinking.

Therapeutic Goals for today: Creative thinking and Learn the meaning of congruence (compatibility)

Space and Material Preparation:

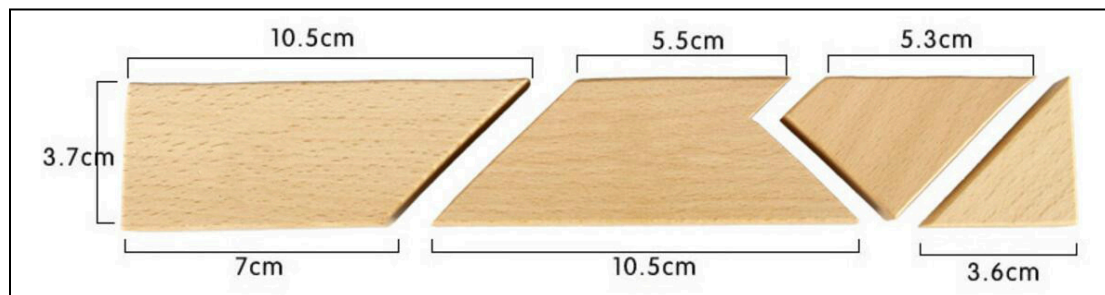
<https://www.thinkfun.com/wp-content/uploads/2010/10/Tpuzzle.pdf>

Age : above 10 years

1st Session

This activity can be played by an individual or a group of three people. The facilitator should practice before conducting the session, as it can be challenging.

Participants will create a 'T' diagram using one piece of cardboard or hard paper and one color only. Each group member or individual should be familiar with or have knowledge of the English alphabet. Ensure the number of sets is prepared according to the size of the individual or group.



For the next session, the facilitator may consider scheduling a session with the

Warm up and Topic Introduction

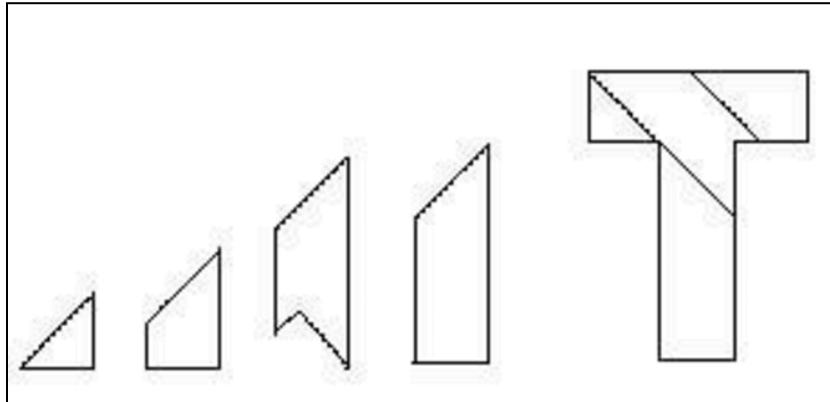
Two to five minutes of silence will be observed, depending on the group dynamics, to help everyone concentrate on the upcoming tasks.



Creation:

1st Part Questions

The session begins with the question: "How many of you know the English letter 'T'? If you don't study English letters in the next two years, will you forget how to write 'T'? If we wake you up at midnight and tell you to write 'T', will you be able to?"



Closure:

Discussion for 1st Part:

- Discuss how the activity promotes out-of-the-box thinking and creativity.
- Ask participants how they felt while creating the 'T' in a different form.
- Explore the emotions they experienced while facing the challenge.
- Discuss lessons learned that can be applied to real-life problems.

Note:

- The facilitator should be attentive as participants may become irritated or tired easily.
- Individual attention should be given if someone requires it later in the session.
- Motivate participants to embrace challenges; emphasize that there are no winners or losers in this activity.
- Consider planning similar sessions periodically with activities like 'Tangrams'.



2nd Session

5-piece 'T' puzzle three months later.

Material :

Prepared the 5 pieces of T as done in the earlier session, following the diagram provided in the creation part. You can take this activity in groups or individuals so prepare the material in that quantity.

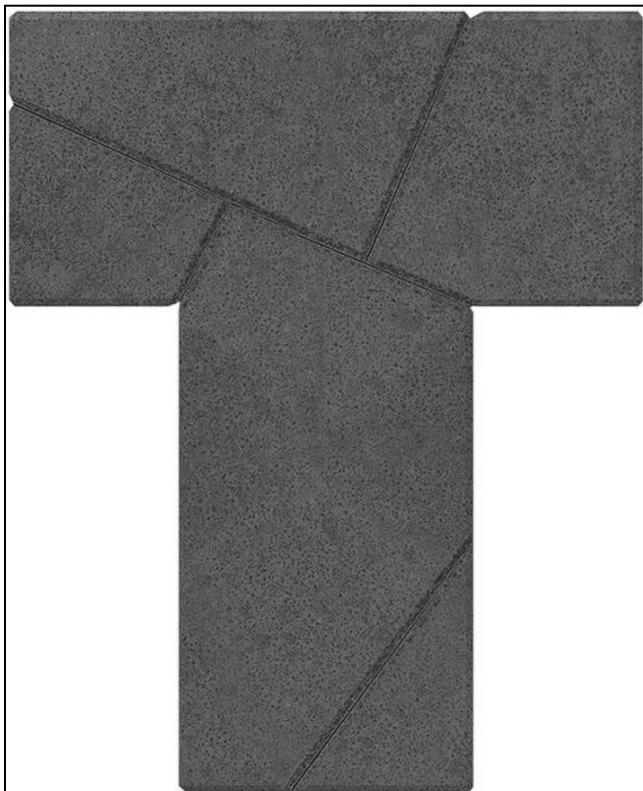
Warm up and Topic Introduction:

Two to five minutes of silence will be observed, depending on the group dynamics, to help everyone concentrate on the upcoming tasks.

After receiving positive confirmation, the facilitator can proceed. The initial trial will last 5 minutes, allowing the group or individual to attempt independently. If unsuccessful, the facilitator will explain the process. There will be 4 subsequent trials of 5 minutes each to create the 'T'. Participants are encouraged to retry if unsuccessful, with no pressure to succeed immediately.

Creation :

2nd Part Questions



The session starts with the question: "Do you remember the process of making 'T' with 4 pieces? Can we take the next challenge of making 'T' with 5 pieces?"

After receiving positive confirmation, the facilitator proceeds. The first trial lasts 5 minutes for the group or individual to attempt independently. If unsuccessful, the facilitator will explain again. There are 4 additional trials of 5 minutes each. Participants are encouraged to retry if unsuccessful, with no pressure to succeed immediately.



Closure:

Discussion for 2nd Part:

- Ask participants about the strengths they discovered while tackling new challenges.
- Inquire whether they found it easy or more challenging to create the 'T' with 5 pieces.
- Discuss the importance of learning new things to keep the brain active.

Note:

- The facilitator should be attentive as participants may become irritated or tired easily.
- Individual attention should be given if someone requires it later in the session.
- Motivate participants to embrace challenges; emphasize that there are no winners or losers in this activity.
- Consider planning similar sessions periodically with activities like 'Tangrams'.

Love Joy Peace