

October, 6th 2017

# FACILITATED GROWTH

## Experiential Activities for Recovery and Wellness

“The tiny seed knew that in order to grow, it needed to be dropped in dirt, covered with darkness, and struggle to reach the light.” This quote by author, Sandra Kring truly drives home the process of facilitated growth. The seed could grow even faster and stronger with the proper ingredients like food and water. The goal of Facilitated Growth is to provide the proper ingredients to help participants thrive. According to Webster, to grow is to undergo a natural development by increasing in size and changing physically, also known as a process of maturity. To facilitate means to make an action or process easier. Thus, Facilitated Growth helps the process of change become slightly easier.

Excerpt from the book Facilitated Growth



### Sequencing

**Check In**  
**Icebreaker/Warmup**  
**Experiential Activity**  
**Debrief**  
**Check Out**

### Contact

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# Program Example

## Check in

- Digital Contract
- Body Part Check In

## Icebreaker

- Spectrogram
- Hands On Sociometry

## Experiential Activity

- Gutterball

## Debrief

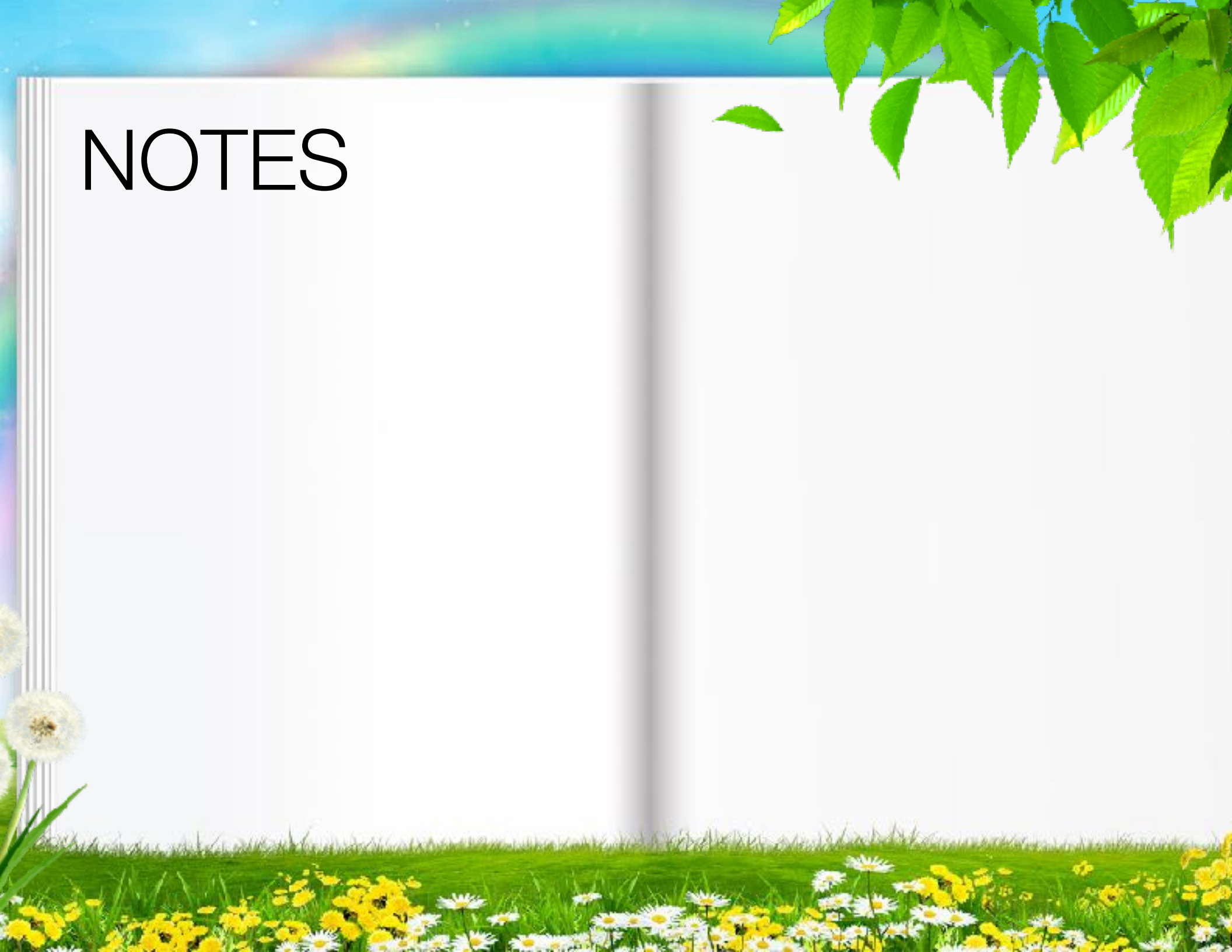
- Debriefing Thumbball

## Check out

- One Takeaway



# NOTES



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