

## Girl Scouts of Central Maryland Service Unit Workshop

### Throw Away Your Troubles

Total Time: 30 - 60 Minutes

Large group should be broken into smaller groups, perhaps by Grade Level

By the end of the session, participants will be able to:

- Discuss problems and concerns
- Receive feedback from others on solutions to problems and concerns

Timing	Strategies	Resources
5 min.	<ul style="list-style-type: none"><li>• Announce that participants will get a chance to throw away their problems.</li><li>• Have each person write their problem or concern on a piece of paper.</li><li>• Ask them to crumple it up and throw it into the middle of the table. (you may want to use baskets)</li></ul>	Note paper at each table, baskets for each table
25 min – 50 min.	<ul style="list-style-type: none"><li>• After all papers have been “thrown away”, ask any person to pick out a crumpled paper and toss it to anyone at the table.</li><li>• Whoever catches it will read the paper with the persons to their right and left.</li><li>• They have one minute to come up with possible solutions.</li><li>• The team then shares its solutions. Others may join in.</li><li>• Repeat the process as time permits</li></ul>	
5 min.	<ul style="list-style-type: none"><li>• Wrap up your workshop by restating some of the problems that have been solved during the session.</li><li>• Assign someone to research any that need further follow-up. Set aside a time to address any problems that weren't solved.</li></ul>	