

Optional Exercise for use within Understanding Mental health and Mental Illness Module

Name of exercise: Going on a Plane Exercise

Duration: 10 Minutes

Value: At the end of a training programme that covers a subject area such as mental illness, it is useful to undertake an exercise that allows the participant to leave the training with positive thoughts in their mind. One such way is this exercise.

Process: Very simple process in that, starting with the Trainer, each person in the room tells the group that if they had a plane ticket to take them anywhere in the world, where would they go and why.

