



ACTIVITIES FOR SURVIVOR SUPPORT GROUPS

USE THIS RESOURCE TO

BRAINSTORM ACTIVITIES YOUR SURVIVOR SUPPORT GROUP ON OR OFF CAMPUS COULD DO TOGETHER TO GET OUT OF THE CLASSROOM AND DISCUSSING OTHER TOPICS.

EXAMPLE ACTIVITIES

1. **Drawing or Painting** - Art is an important form of self-expression. Grab some coloring books and colored pencils, or a canvas and some paint, play music in the background, and just enjoy the company.
2. **Going for a walk or run** - Exercise can help manage physical and mental stress. Meet your group for a hike or a walk to release stressors in your life.
3. **Cooking something together** - Creating food can be another form of art and self-expression. Bring the group together for a potluck and share recipes, or find a communal kitchen on campus and create a dish together.
4. **Go to a show together** - It is easy to get caught up in our day to day, going from a long day of classes straight to the library or back to our rooms for studying. If you need an activity that might require a longer break, consider a group trip to support your school theater department.

IMPORTANCE OF DIVERSIFIED ACTIVITIES FOR SURVIVOR SUPPORT GROUPS

Survivor support groups offer the opportunity to connect with other survivors and provide and receive support. Storytelling is an extremely powerful tool, but at times when you don't have words, there are many great activities for self-care and healing that you can do with your survivor group instead.

WHAT IS SELF-CARE?

Self-care is different for everyone. It means doing something that brings you joy and helps you relax. Self care is important for everyone to engage in.

BRAINSTORM

Brainstorm a list of activities on or near your campus that your survivor support group can do together!

1. _____
2. _____
3. _____
4. _____
5. _____

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