

Exercise

1. In pairs, each describe to the other person (2 mins each) what 'things' in the last 12 hours have enabled them to function on today's training course.
2. Then feedback one/two things that each person has identified to the wider group.
3. On your own, think about how you might feel today if you had to go without the 'things' identified, particularly on how you might feel during the day and how it would affect your ability to function and interact with other people.