

# EXPRESSIVE PIE CHART

## TRAINER INSTRUCTIONS

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### PURPOSE:

1. To define different feelings one might have about their upcoming << VISTA or AmeriCorps >> Service term
2. To become more aware of possible causes of and consequences to one's feelings
3. To develop group cohesion through mutual self-disclosure

### MATERIALS:

1. Newsprint, various colored magic markers or crayons, tape, Pie Chart activity sheet.

### DESCRIPTION:

1. Explain: "We all go through many emotions and feelings about starting something new, unfamiliar, meeting new people, belonging to a group, and working with a group of new people."
2. Describe your own feelings about the new group that's starting and the previous group that's completing their term of service.
3. On a piece of newsprint, draw a large circle and divide the circle into pie-like sections which represent your feelings about the current and previous group of <<VISTA or AmeriCorps>> teams.
4. Draw 4 or 5 colors on the top of the newsprint that represent different feelings (e.g., red for excitement, blue for sadness, orange for pressure, yellow for curiosity). Color each section of the pie to correspond to the feeling experienced. Briefly explain what causes each feeling.
5. Give a blank pie chart and markers to each of the members. Ask them to create their own "EXPRESSIVE PIES" by picking colors that represent their feelings (write feelings next to each color) about their upcoming <<VISTA or AmeriCorps>> service experience.

### GROUP DISCUSSION:

1. Members describe their "EXPRESSIVE PIE CHARTS" to the group and tell what caused each feeling represented by a different color.

## PIE CHART

### MEMBER INSTRUCTIONS

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**Directions:** Divide this pie into pieces to represent your feelings about your upcoming AmeriCorps experience. Pick colors to represent your feelings. Write you feelings in the pieces of the pie and color the pieces with the corresponding color.

