

# UNION

*Exercise*

## Energy check

Stand all next to each other, so you form a line.

Each person rates their current energy for the work on a scale from 1 to 10.

Without speaking, everyone positions themselves along a line from 1 to 10.

People then share why people positioned themselves the way they did.

After everyone has shared, discuss as a group:

» *What are ways to receive or give support to each other?*