

PEER SUPPORT GROUP



ACTIVITIES

A practical guide for facilitators

Support groups do not always need structured activities. Often the most valuable part of a meeting is simply **allowing participants to talk** and **listen** to one another.

However, simple activities can sometimes help **start conversations, encourage reflection**, or make it easier for people to **share their experiences**.

The activities here are designed to support **meaningful discussion** while remaining flexible and easy to facilitate.



1. CHECK-IN ROUND

Purpose:

Help participants **settle into the session** and share how they are feeling.

How it works:

Invite each participant to briefly answer a **simple prompt**, such as:

- *One word that describes how you're feeling today.*
- *Something that has been on your mind recently.*
- *One small win or challenge from the past week.*

Participants may also **choose to pass** if they prefer not to speak.

2. REFLECTION PROMPT

Purpose:

Encourage **thoughtful discussion** around shared experiences.

How it works:

Introduce a **reflective question** and invite participants to share if they wish.

Example prompts:

- *What has helped you most during difficult moments recently?*
- *What is something you wish others understood about your experience?*
- *What has surprised you about this journey?*

Allow the conversation to **flow naturally** after the initial responses.

3. EXPERIENCE MAPPING



Purpose:

Help participants reflect **on their journey** and recognise how things change over time.

How it works:

Participants draw or write **a simple “map”** representing their experience so far. This could be a path, wave, circle, or timeline. They may include **key moments, challenges, or turning points**.

Participants can **share their reflections** if they feel comfortable.

4. SUPPORT CIRCLE

Purpose:

Help participants **recognise sources of support** in their lives.

How it works:

Invite participants to **draw a circle** and write or reflect on the people, activities, or resources that support them.

Examples may include:

- *friends or family*
- *hobbies or routines*
- *professional support*
- *community connections*

Participants can **discuss** what helps them feel supported.



5. OPEN SHARING ROUND

Purpose:

Create space for participants to share **whatever feels most important** to them.

How it works:

Invite participants to speak about anything that has been **on their mind**.

Facilitators can gently **guide the discussion** if needed but should allow the group to shape the conversation.

6. LOOKING AHEAD

Purpose:

Encourage **reflection** and **small steps** forward.

How it works:

Invite participants to **share one intention** or **small step** they would like to focus on before the next session.

Examples might include:

- *trying a new coping strategy*
- *reaching out to someone for support*
- *taking time for self-care*



FACILITATION TIPS

- Allow **silence** – it often helps people process their thoughts.
- Encourage sharing but **never pressure participants** to speak.
- Keep activities **simple** and **flexible**.
- Focus on **listening** rather than solving problems.
- Be mindful of participants' **emotional wellbeing**.

FINAL THOUGHT

Peer support groups work best when people feel **safe, heard,** and **respected**. Activities can help guide conversations, but the most important element is **creating a space** where participants can **connect** and **support** one another.