Present-Moment Choice Tokens

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person prefers nonverbal communication during group.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Make tokens for continue, change, pause, and observe to support participation choices.

3. How will the group respond to each token?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.