

Navn
Name

FRUSTRASJON I POSE

FRUSTRATION IN A BAG

Bruk en pose + fargede ark. Heng opp posen. Fyll ut arkene undervegs: Rosa for ros, grå for kritikk, grøn for forslag, gul for frustrasjon etc. Tøm posen minst en gang hver dag. Diskuter. Gjør endringer om noe skaper frustrasjon.

Use a bag + colored sheet. Hang up the bag. Fill out the sheets by the way: Pink for praise, gray for criticism, green for suggestions, yellow for frustration, etc. Take a look in the bag at least once a day. Discuss. Make changes if something frustrate the members.

