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| PLANNER RESOURCE | Page 1 of 1  Getting Off the Ground Exercise |
| Source:  This activity can be found in  [Creative Therapy III: 52 More  Exercises for Groups](https://www.prpress.com/Creative-Therapy-III-52-More-Exercises-for-Groups_p_288.html)  Dossick, Jane, and Eugene Shea. “Top Secret!” *CT3-Creative Therapy III: 52 More Exercises for Groups.* Professional Resource Exchange, Inc., 1995, pp. 3-4.    Overview:  Lorem Ipsum. |