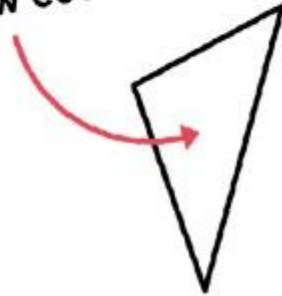


**YOU DID IT!  
NOW CUT YOUR DESIGN**



The snowflake exercise is to demonstrate how important communication is. You want them to discuss birth & postpartum expectations with as much detail & precision as possible. Usually it is a fun one with the group with lots of giggles. Good for kinesthetic learners.

Each pair should have 2 snowflake blanks (that you've made ahead of time) and a pair of scissors. With backs to each other the person giving birth cuts a snowflake, then gives their partner the scissors & instructs them to create an identical snowflake. Explain that the more thorough the instructions the more likely the snowflakes will be the same.

Winners can get a small prize or be loud about their victory, your choice in reward.