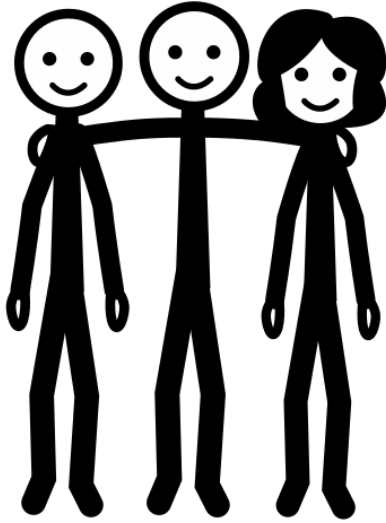


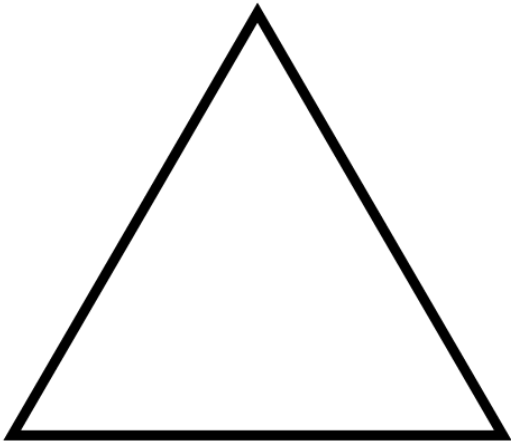
Activities: Confidence building



Verbatim theatre: Let me say it instead of you

This exercise will help you believe in yourself more. You will do this with other people.

3 will be a group.

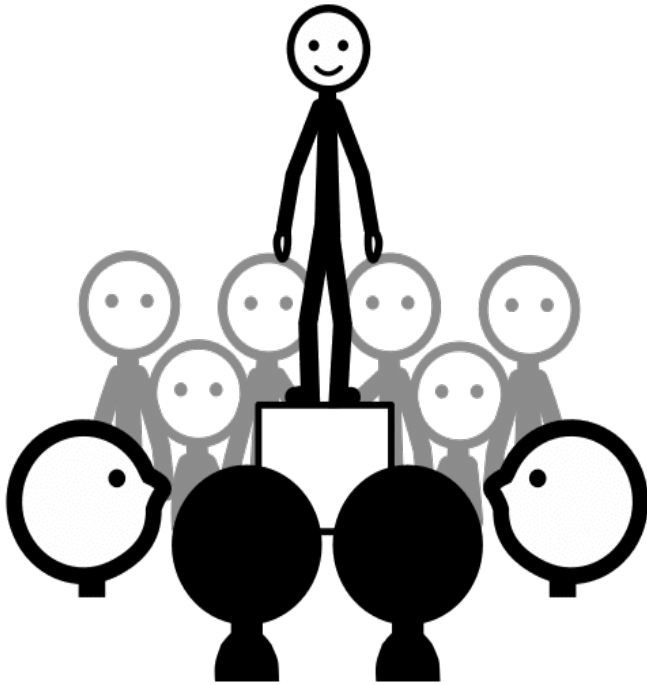


The others will listen to your group.

You make a triangle - 1 in front
and two behind



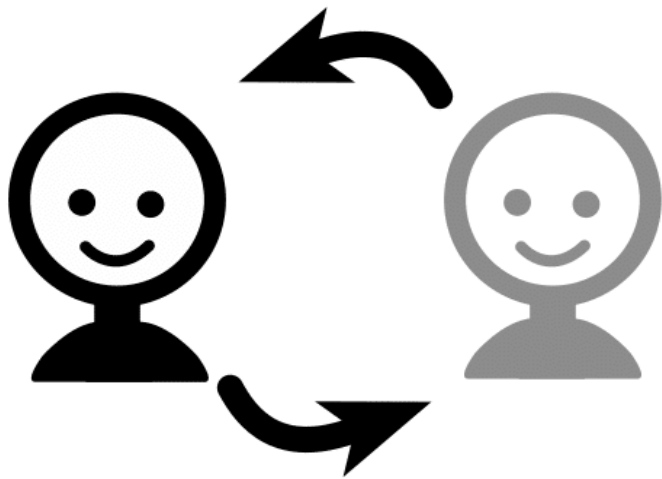
Then if you are in the back,
you whisper a story. Like a secret.



The person in front shares the story
with the ones listening.

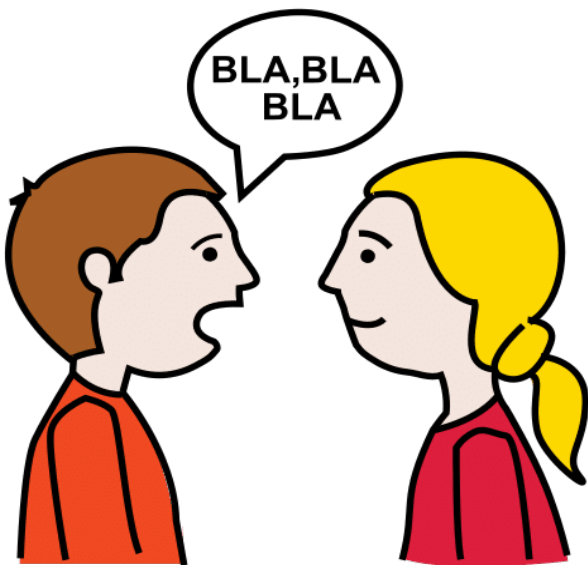
They share it as if it is their own.

This way people can hear your story.
Even if you are shy.



If you want, you can switch after.
Then you can help someone else
tell their story.

Silver Lining- There is always something good

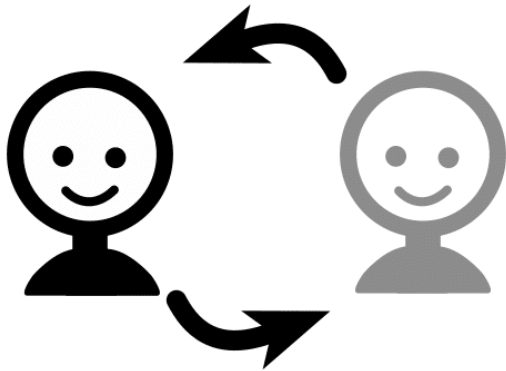


For this game, you need a partner.
It is good if it is someone you know.

You share a story that you are both in.
Something you did together.

First, one person says what did
not make them feel good.

Then the other says only the good things.



Then you switch.

This way you know there is
always something good.

Think about that more.

Persuasion skills

In groups. Choose a topic.

Divide yourselves into three groups.

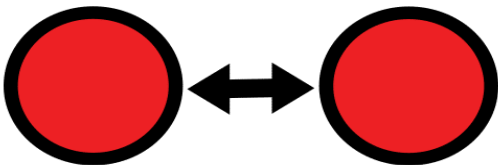
Group one has one opinion.

Group two has the opposite one.

Group three does not have an opinion.

The first two groups try to convince them
their opinion is right.

Decide in your group what you have to say



to make group three agree with you.

Developing strategies for problem-solving tasks

How to solve a problem



The leader will show or tell you a story.

Something that may happen to you
at work or during the day.

But there is a problem.

This problem needs to be solved.

Make different groups.

Work and talk with others.

Find a solution.

Every group has a different problem.

After 30 min each group shows their solution.

It can be a drawing or something
you want to tell others.

Then you all talk about the problems
and how they were fixed.

30

Feedback- Building trust



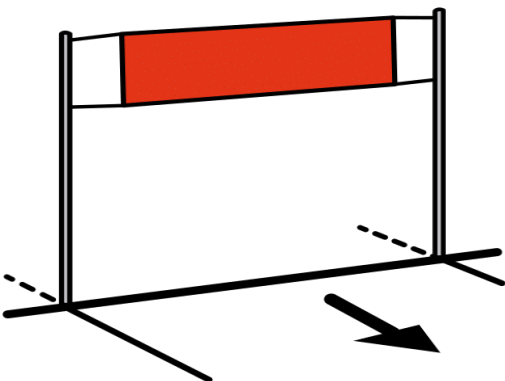
This exercise is done after working with your group for some time. You should know them well. Split into teams of two. It is important, to be honest. Only share what YOU think. Do not repeat what others might have said. Be nice and open. The other person will then do the same. They will give you advice too. When you say what you think, start with:

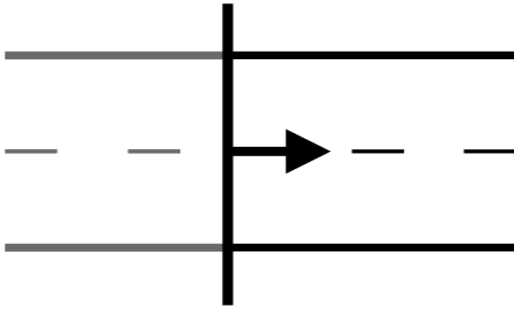
Stop....

A stop is something that they should NOT do or say anymore

Start....

A start is something that they should begin to do





Continue....

Continue is something good that they say and do

The exercise helps make working together better.

Verbatim theatre (Whose story is it?)

Make groups of 3.

You should not be able to hear
what the other groups are saying.

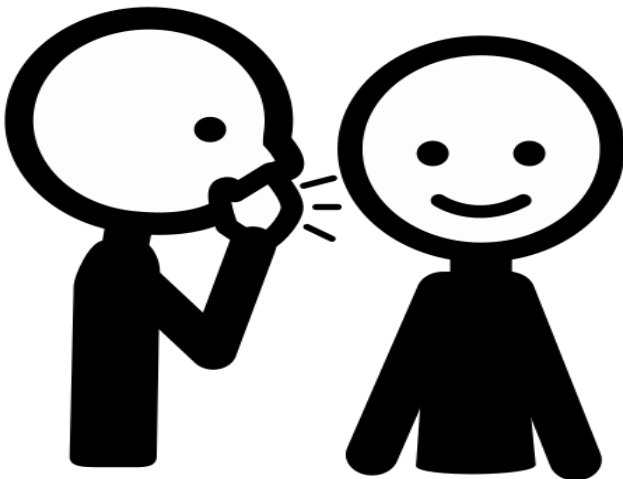
Think of a nice short story.

A memory that you remember well.

Tell the story (whisper)

to the other 2 in the group.

They too tell their story.



Choose 1 of the 3 stories.

Ask questions so
you know the story well.

Then, tell the chosen story to the other groups.

Say it like it is your own.

Believe in it.

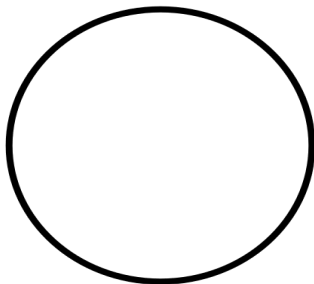
The other groups have to try to guess

if it was your story.

How do you feel now?



Japanese greeting Move like 1



Exercise for a big group: 10-12 people

The group has a leader.

The game helps to make the group better.

Stand in a circle.

Relax.

The leader has to step forward.

One arm points to the centre of the circle.

The leader shouts "HA!". All at the same time.

HA





Try to do the same. At the same time as the leader.

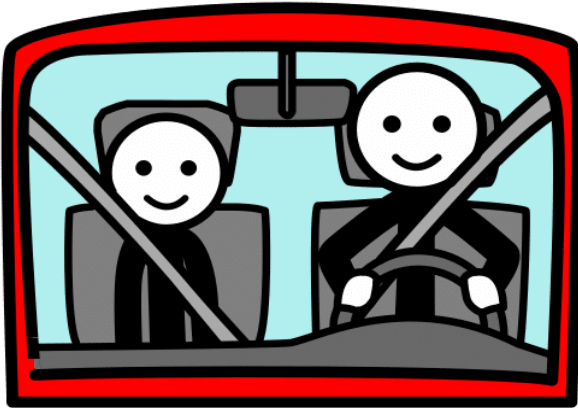
Repeat until all do it together.

Then choose another leader.

Feel the group.

You can try with your eyes closed too.

The hitchhiker



Group of 4.

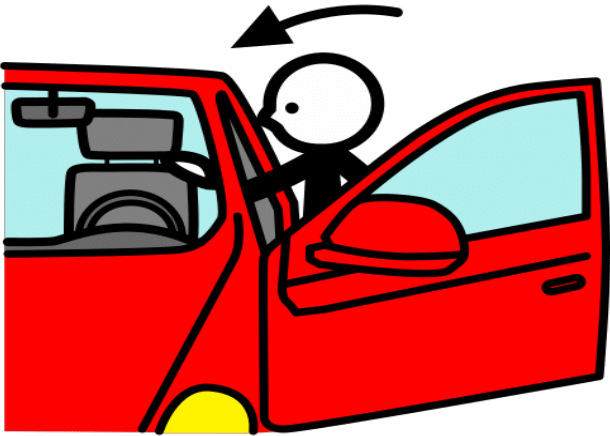
3 sit on chairs like in a car.

1 person is outside of the car. The hitchhiker.

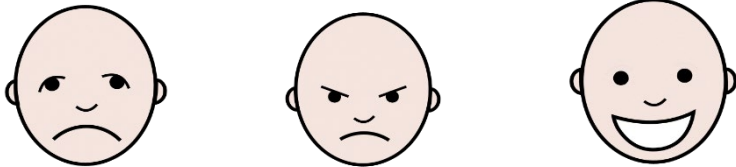


They choose a mood or feeling:

sad, angry, happy, hot, or cold.



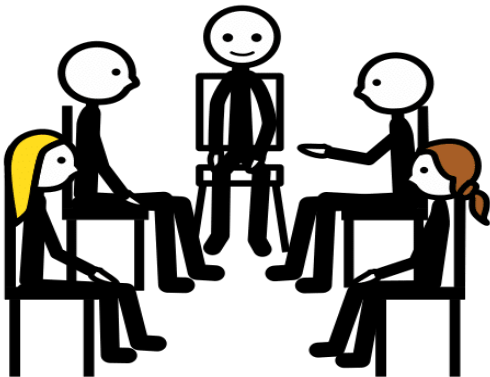
The car “stops” and the hitchhiker gets in.



They show their feeling or mood.
The others see it and start to get
the same feeling or mood.

Soon everyone in the car starts
to act as if they feel just like the hitchhiker.

Presenting yourself in the third person: Tell
about yourself like someone else is



Not more than 15 people.

Sit on chairs in a circle.

One person stands.

Goes behind their chair.

Then tells the others about themselves.

They must say it like they are NOT that person.

Example: He/She is very smart.

He/She does not like spiders.

He/she likes to sing.

Be honest and open.

Imagine what your mom or best friend

would say about you.

Everyone tries it.

This way everyone learns about each other.

Pairs Connect / In the giant's house

Big group. Teams of 2.

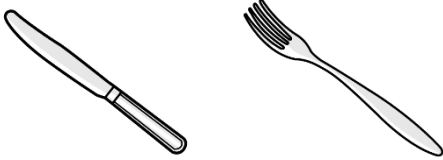
The leader says things that come in pairs.

Or do they go together?

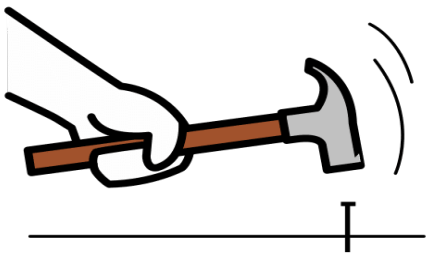
For example:



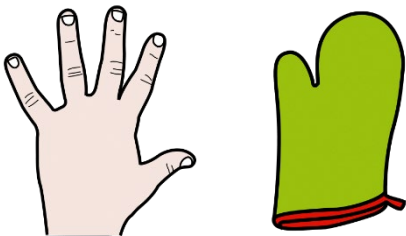
socks



fork and knife



hammer and nail



Hand and glove

Each team acts or shows the thing with their bodies.

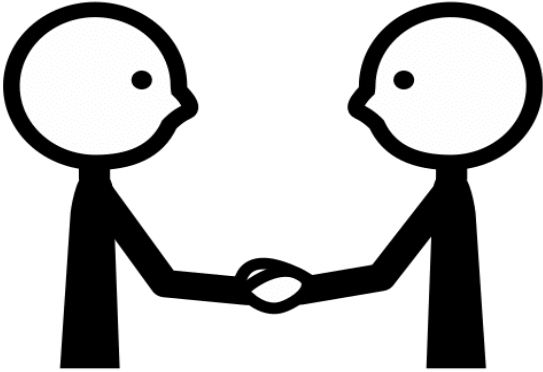
Work together. Be fast.

Do not think too much.

Try to make more and more objects.

Try more difficult ones.

At the end thank your partner.



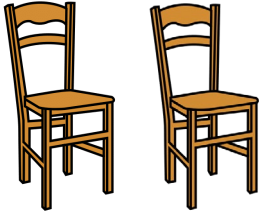
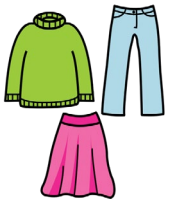
Minefield: Obstacles



Big group, with people who cannot see well.

Work in pairs - one who can see,
one who cannot.

Decide on a secret language.



There are different things on the floor.

It can be clothes, chairs, a ball...



Help the person who cannot see come to you.

You should keep them safe.

Use your secret language.

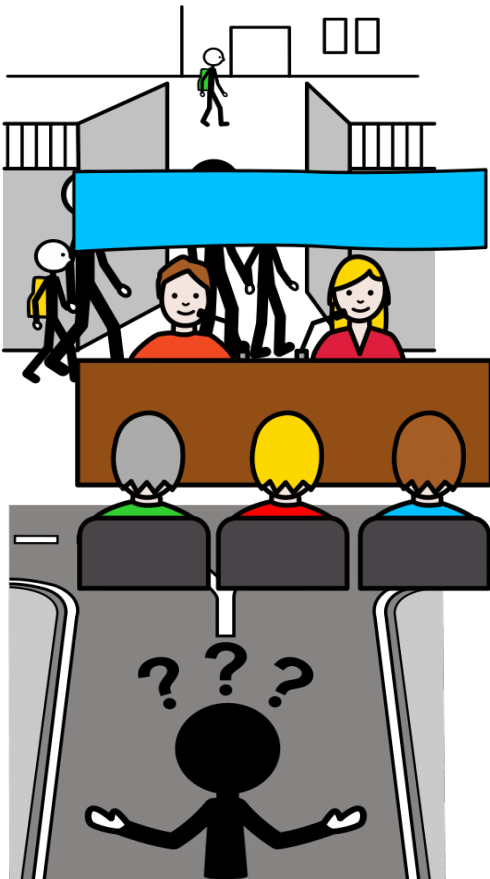
Help them come to you.

They should not hurt themselves.

Improvisation: What will you do

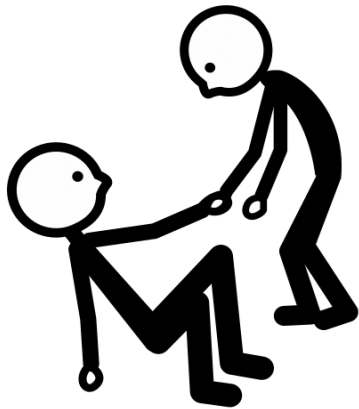
Choose a situation. Something that can happen to you.

Examples:



You start in a new school

You are lost at the airport

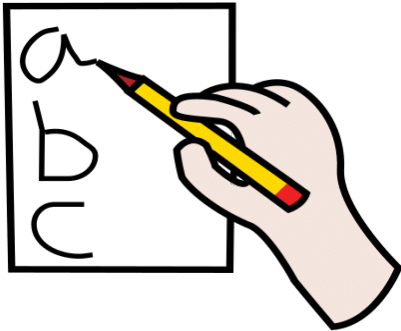


Someone offers help, but you do not need it.



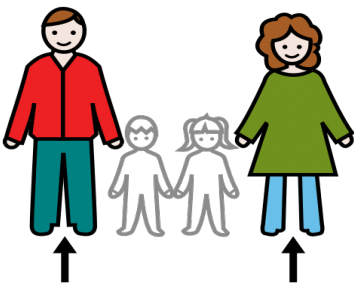
Improvise. What will you do? Discuss with the group.

External and internal sources



Strong in and out

Work alone.



Write down **7 things** that
make you strong and happy.



It should be things that are only about you.

What you can do?

What do you like?

How do you look?

Then write other **7 things** that
make you strong and happy.

These should NOT be about you.

It can be parents, friends, or home.

Tell the others why? Discuss in a group.