

LIFELONG PLAYING TC



BREŽICE, SLOVENIA, 24. - 31. OCTOBER 2022

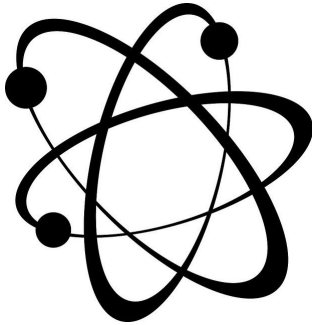
WHEN?	MON 24.10.22	TUE 25.10.22	WED 26.10.22	THU 27.10.22	FRI 28.10.22	SAT 29.10.22	SUN 30.10.22	MON 31.10.22
8 ⁰⁰ - 9 ⁴⁵		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10 ⁰⁰		GETTING TO KNOW EACH OTHER	COMMUNICATION	COOPERATION GAMES	MORE COOPERATION GAMES	ABOUT DISCRIMINATION	ABOUT ERASMUS+ & CREATIVE THINKING	
11 ³⁰ - 12 ⁰⁰	ARRIVALS			CZECH REPUBLIC TEAM ROLES				DEPARTURE
13 ³⁰		GROUP AGREEMENTS	MORE COMMUNICATION		BODY MAPS (Lw)	INTERCULTURAL LEARNING	NETWORKING and ACTION PLAN	
15 ³⁰		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
17 ⁰⁰ - 17 ³⁰		MORE GETTING TO KNOW EACH OTHER	PERSONAL SPACE		STEREOTYPES & PREJUDICE	SHARING in CARING	EVALUATION	
19 ³⁰	HELLO! DINNER	FIN ABOUT SOCIAL GAMES & PRESENTATION OF ORG.	Belgium TRUST GAMES	FREE AFTERNOON	Portugal IMPRO	SHARING in CARING	EVALUATION	
		DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
		SELF-ORGANIZED BOARD GAMES	SELF-ORGANIZED MOVIE NIGHT	FREE EVENING			FAREWELL PARTY!	

Day 1: Monday 24/10

- Hello!

HELLO!

- Atoms



Atoms moving in space.

>> Forming a group of 5.

Task: Find a movie/series you all like.

>> Forming a group of 3.

Task: Find a thing all 3 of you are afraid of.

>> Forming a group of 25.

Task: Find something we all want at this training.

• **Tombola-BINGO**

Find people in the group that... If you have 5 in a row, yell BINGO!!
(5 horizontal - 5 vertical - 5 diagonal)

Has been to Hawaii	Has swum with dolphins	Like spiders	Have already met a celebrity	Can read Arabic alphabet <i>Finn</i>
Has 4 or more siblings (brothers and sisters)	Can ride a motorcycle <i>Tom</i>	Has never been on a boat	Lived in a foreign country <i>Alz</i>	Have a vegetable garden <i>Debra</i>
Does not know how to swim	Has a horse in his garden	Have kids <i>B</i>	Doesn't like chocolate	Participated in a beauty contest
Has been on an active volcano	Speak more than 3 languages <i>Jane</i>	Sleeps with window open even in winter <i>Mark</i>	Participated in a marathon	Plays a musical instrument <i>Rita</i>
Has gone without a shower for more than 3 day	Like anchovies	Sometimes snores at night	Has been on at least 5 continents	Has been in an earthquake

Day 2: Tuesday 25/10

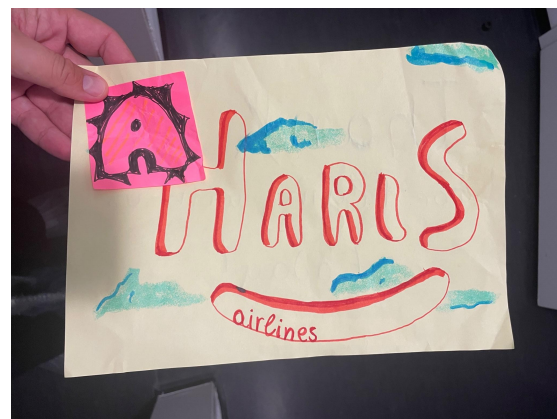
- *Getting to know each other*
- *Group agreements*
- *More getting to know each other*
- *Social games and presentation of organizations*

GETTING TO KNOW EACH OTHER

Relax and feel comfortable with the other.

NAME GAMES

- In round circle one-by one you say three things (Name, pronoun, and an adjective that starts with the same letter with the name).
- Present your name and adjective in a creative way (funny story, draw, sing, play a game).



- **Find your own letters!**

We take a piece of papertape and write one line for every letter of your name. Like if your name is 'Alex', you need to write 4 little lines in the papertape. Then you walk around and ask letters from other persons that have those letters in their names (ie you can get an M from a Mary). But you can give and receive only a letter that you have in your own name.

A L I N A → _ _ _ _ _

- **Travis game**

Everyone walks around. You handshake the first person you are meeting and you say 'Hey my name is' Then you say aloud their name and you adopt it. You walk towards the next person and you are now the person you handshake before. After every new introduction, you get a new name based on the person you got introduced to.

- **Name jumping**

You need to say your name and jump. Faster!

GROUP AGREEMENTS



What do we need to feel good this week? The team makes together a group agreement. Elaboration on the need of an agreement.

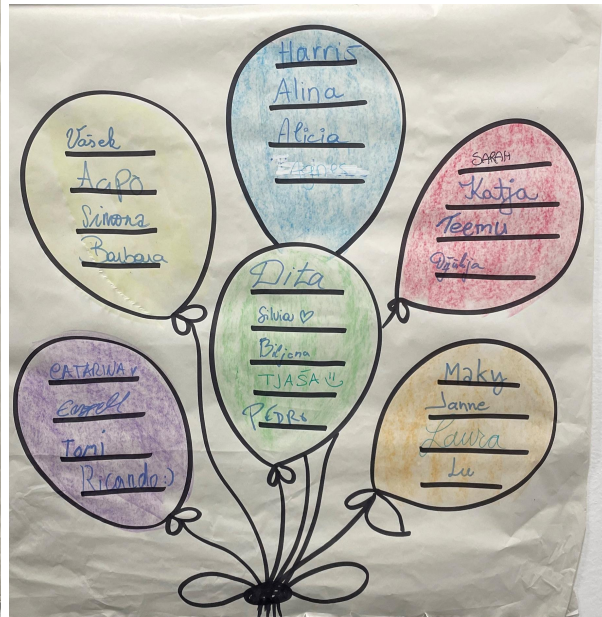
- **Explanation about balloons:**

Balloons are an administrative way to create teams with tasks in a playful way. In the beginning, you ask the group to write their names without knowing the purpose of the balloons. The purpose is revealed later after the teams are already created. This creates suspense and randomness in the teams' quality/dynamic.

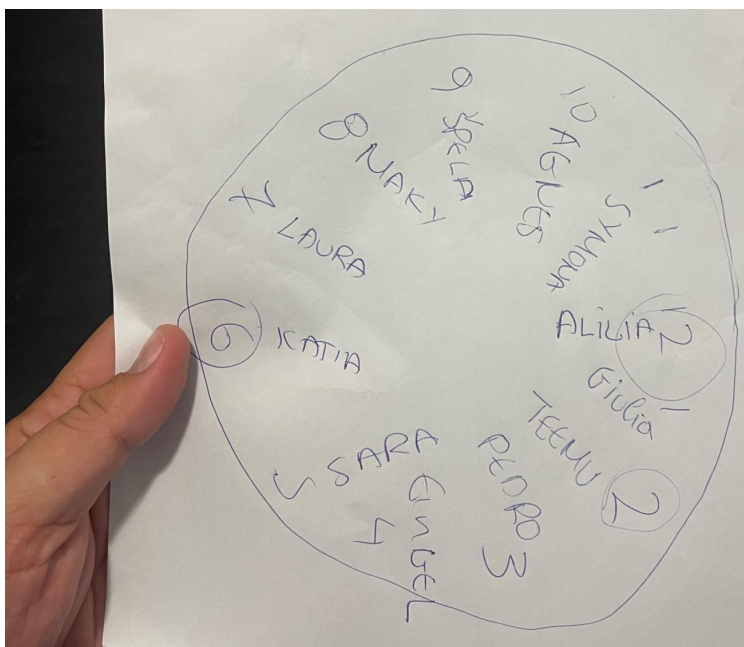
The rooster is already made by the facilitator and given to the teams. We follow the rooster one by day.

MORNING GROUPS

GROUP	TUE 25.10.	WED 26.10.	THU 27.10.	FRI 28.10.	SAT 29.10.	SUN 30.10.
ADMINISTRATION GROUP						
PHOTO GROUP						
CLEANING ANGELS - SPACE CARE -						
WELL-BEING OF THE GROUP GROUP						
SELF-CARE						
LEARNING OUTCOMES / REPORT GROUP						



MORE GETTING TO KNOW EACH OTHER



- **Speed-dating**

Draw an analog clock. Make date with different people. Make sure everyone has at least one date for every time. Then people stand in round and the facilitator tells a time. The people of the same date gather around and they talk (Leisure time activity, family, 3 wishes of the Golden fish...)

- **Be entirely who you are**

We walk freely in the room. Then we make an-eye contact with 1 person and you say to each other: "I give you permission to be entirely who you are".

- **Say the name**

One person stands in the middle and turns pointing to 1 person. This person sits down and the people who stands next to him/her have to say their name pointing to each other. The first to speak correctly wins the round. The other who failed goes to the middle of the circle. The game continues.

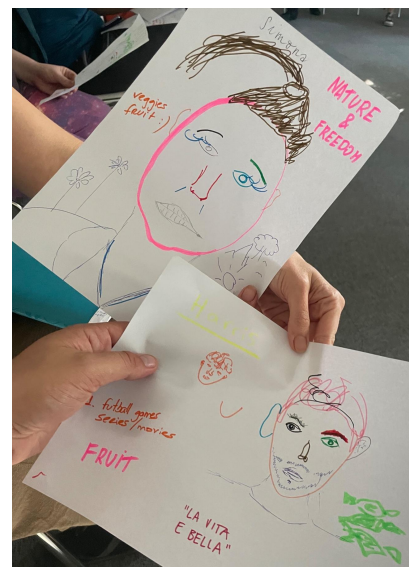
- **Draw a portrait**

Everyone writes their name on their paper then passes it on to the person on the right. Draw the form of the head of the person whose name is on the paper. Pass by. Draw one ear. Pass by. Draw the other ear. Pass by. Draw one eye...

Draw what the person might like to see, to watch, to smell.

After finished you give the drawing to the person the drawing belongs to.

Tell me what surprised you.



- **Talkie walkie**

> Group of 5:
Talk about different questions on the paper.

> All together:
Sharing 1 thing about 1 person that you remember from the conversation.

TALKIE WALKIE

Please take care that everybody is involved in the debate. Please manage your time well and be back till _____

- What is the **strangest food** you tried in your life? Why you liked or didn't like it?
- If you would end up on a deserted **tropical paradise island**, who would you take with you? Why?
- What was the strangest place you stayed **overnight** in?
- If you would be granted a **two-way ticket** anywhere in the world, where would you go and how long would you stay there? Why?
- If you could open a **manufacturing business** and you would have a basic needed start capital for it, what would it produce? Why?
- What's something I would **never guess about you**? ...
- What is the **dumbest way you've been injured**?
- How do you like to **spoil yourself** /take care of yourself?
- What is your most **unusual talent**?
- What song represents your **personality** the best? Why?
- If Hollywood would make a movie about your life, what would be the **genre and the plot**? Why?
- Do you have any **peculiar habit**, what is it?
- What were your **least favorite school subjects**? Why?

★ **Energizer: Run!**

Pick one person from the group and don't tell anyone. On the sign, you run 3 times around the person you had picked.

★ **Energizer: Yoga poses**

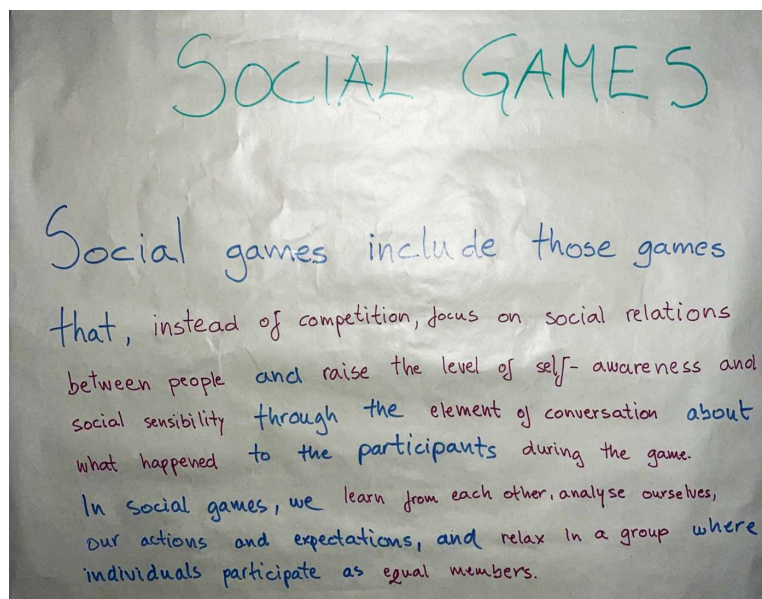
Poses based on cards one instructor the others follow.

SOCIAL GAMES

What are social games?

Get to know each other, not solo games, games as tools with specific goals. No competition but rather social interaction and awareness of what happens in the game. Learn from each other and analyze what is happening. The session is an open conversation. In the end the facilitator shares their terminology.

Benefits of SG?



★ **Energizer: Catch a thumb!**

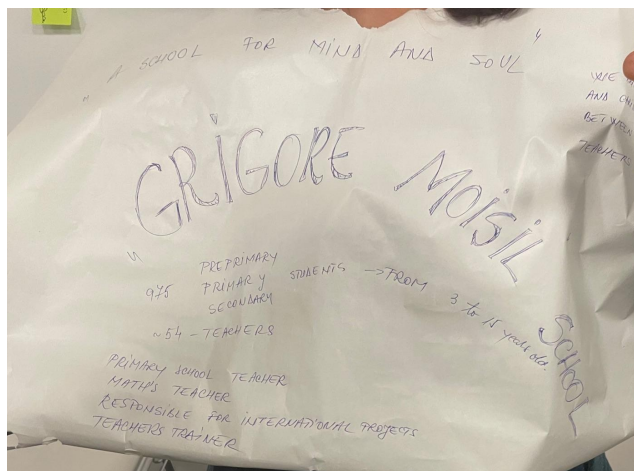
First left thumbs up and right palm ready over your neighbour's thumb.

1,2,3 and you need to escape from being caught, and at the same time you catch the thumb of your neighbour.

PRESENTATION OF ORGANISATIONS

Ponchos with the organisations: write down on a poncho made by flipchart card info about your organisation:

The name, the aim, the target group.

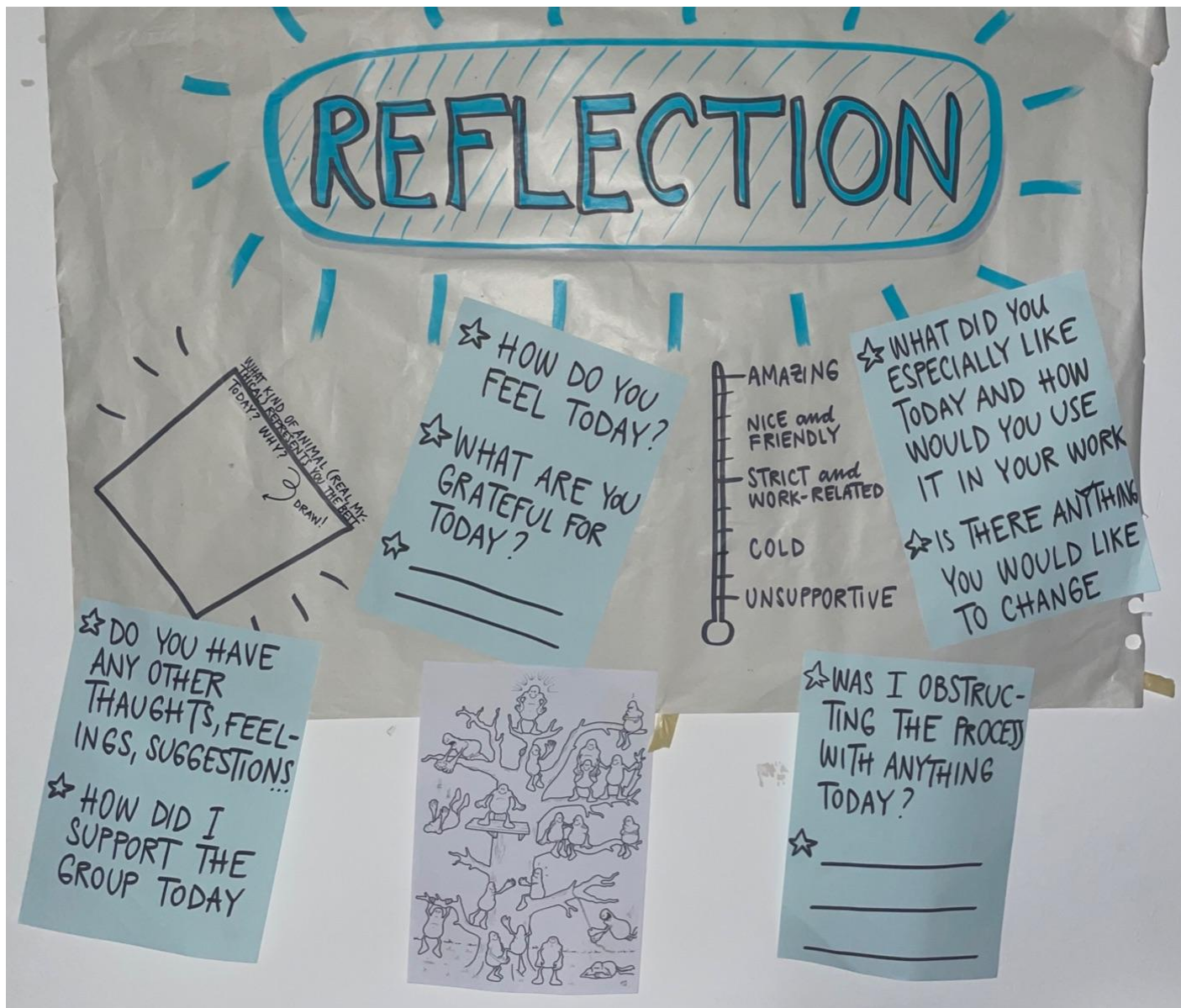


Then work around getting to know our organizations more.

- **Reflection time:**

Paper displayed: don't show it to anyone /rooster, owl, cat.../

Make a loud sound of the animal and close your eyes. Try to find the animals of your type. Form the group.



In the group make the evaluation.

[BLOB tree: <https://resiliencetoolkit.blogspot.com/2016/07/the-blob-tree.html>]

Day 3: Wednesday 26/10

- *Communication*
- *More communication*
- *Personal space*
- *Trust games*

★ Energizer: Fruit salad

Banana/Strawberry/Orange/Fruit salad

1 person in the middle, saying who has to mix/change places.

1 place/chair is missing so 1 person is always left without a place, stands in the middle and continues the game.



COMMUNICATION

• Circle escape

We had to make a circle and one person volunteered to go in the circle. We got only the following instruction: The person in the middle has to try to go out of the circle.

What the people of the circle did was trying to keep the person in the circle. But at the end, the facilitators asked us about which instruction there was given. Then we realized that we actually didn't have to keep the person in the middle. We could also let the person just out.

→ We discussed about the reason why competition is the first instinct when it comes to play games

Verbal vs. non-verbal

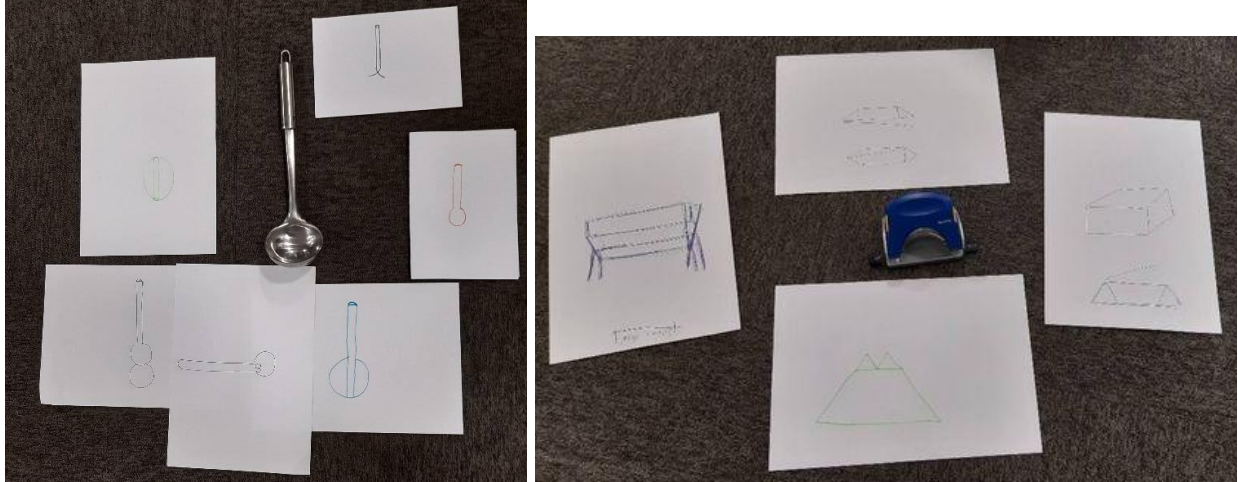
• Drawing of objects

- One person has to sit with his/her back to the others
- The person has an object he/she can only touch (not see)

- The other persons has to draw what the person with the object tells/describe
- In the first round the group can't ask questions, in the second they can.

First round: one way communication

Second round: two way communication



After we discussed about the outcome. We discussed about how over communication can sometimes disrupt the flow of informations.

One way vs. two way communication

- **Story time**

Six volunteers: five leave the room, one stays and listen to the story and try to remember all the information.

The others people of the group observe and wasn't allowed to talk.

After the first time the story has been told. The volunteers come in one by one. They repeat the story to the next person who comes in.

At the end after the last person told the story, the original story will be read.

Now we see how much the story change when you compare the last version with the original.

Losing information

We discussed about the outcome

The exercise is a simulation of gossip.

~ ~ ~

★ **Energizer: In need of Love**

Sending positive information to other people who wants to for 1 minute. Closed eyes.

Goal: focus for the next thing

● **Inner time clock**

Sit with your eyes closed. When you feel 1 minute has passed, stand up.

● **Sending no signal – game**

- We had to make a maze: we throw a ball at a person and remember that person. (don't choose a person twice.)
- We have our person in mind and we may not send any intentional signals.
- If we see some movement from the person, we repeat it.

Conclusion of the game: we can not 'not communicate'

- Methodes about, conflict, anger... (.....still things/pics to be added)

COMPROMISE

ANGER SCALE

CHOICE THERAPY

thoughts/ behaviour/ emotions/ feelings

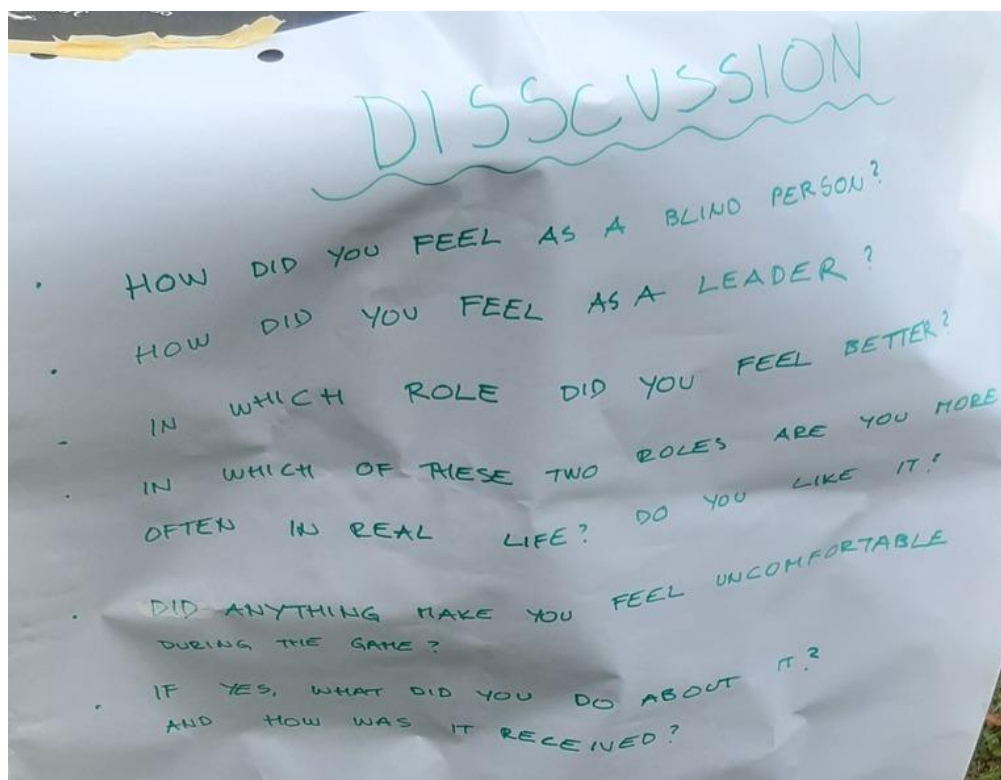
★ Energizer: eye colour row



Stand in one row based on eye colour without talking. (from light colours eyes to dark)

PERSONAL SPACE

- **blind walking** to other one
 - Make two parallel rows (for example 6 meters)
 - Connect with the one in front of you
 - Look him/her in the eyes for a minute
 - One row closes the eyes and walk to the connected person. He/she stops where it is comfortable for her/him. Then open the eyes
 - Now it's the turn of the other row
 - Reflect about what happened
- **personal space**
 - Making pairs through making eye contact without speaking
 - In your duo, one will be blindfolded and the other will be the leader. There are three stages of the game and in every stage you switch roles (that both has been equally leader and blind)
 1. We can touch but don't talk
 2. One finger may touch the other's person's finger. Also don't talk.
 3. Only with one particular sound, no touching
 - Reflection with the help of questions (in your pair)



TRUST GAMES

- **trust run**

Two rows that forms a tunnel.

One by one running through the tunnel: When the running person approached, the people lift there hands away.

For more excitement: do the scissor with your arms



- **blind sculptures re-make**

- Make two equal groups
- One group goes outside
- The other group makes a sculpture/ statue together by using their bodies
- When they are ready they can't talk or move anymore.
- The other group comes back in, blindfolded
- And try to remake the sculpture with their group
- When the group has finished, take blindfolds and see how you did it
- Change roles
- Reflection

- Reflection question: what nature element did you feel like today?

Day 4: Thursday 27/10

- Cooperation games
- Team roles

★ Check-in

Show with the thumb how do u feel today.

★ Energizer: The protector and the hunter

Choose someone in your head who protects you and someone who you are afraid of. When the leader tells you to start, you run to the person who protects you and you run away from the person you are afraid of.

GROUP DYNAMICS

Stages of Group Dynamics (picture)



COOPERATION GAMES

- Prison Break!

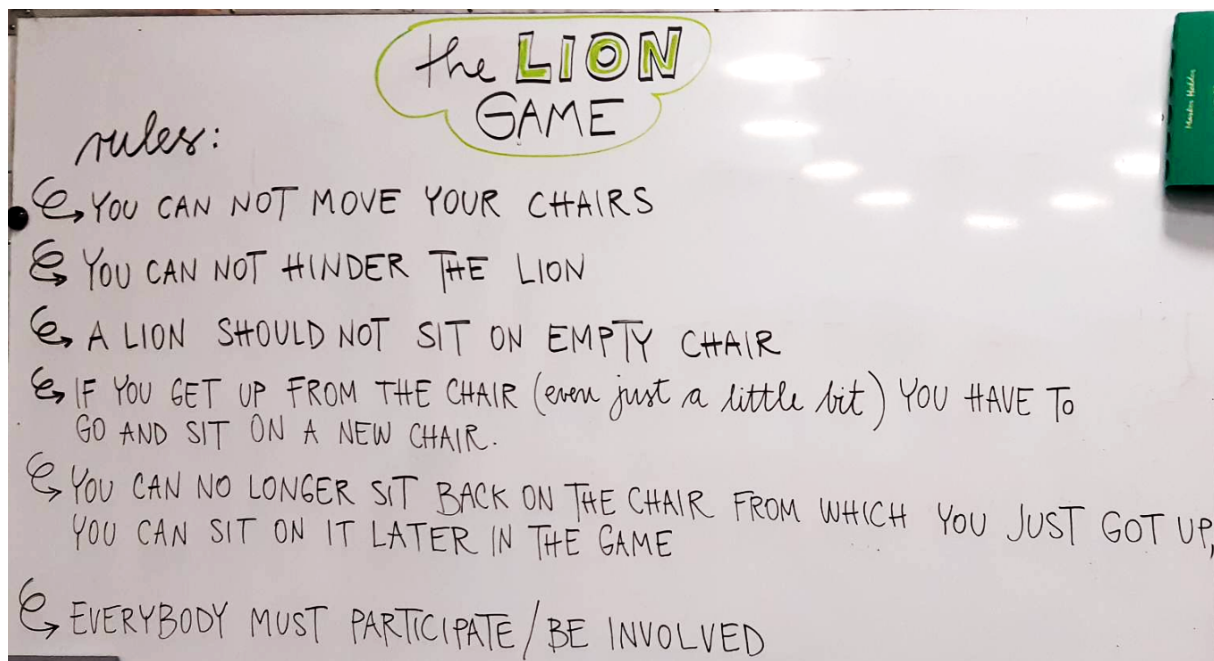
Divide the groups in couples. They get tied up to each other (see picture). Goal: Try to break free from your opponent!



[Solution: Pull one player's rope through the loop around the other's wrist]

- **Lion game**

The leader explained the rules of the game.



The leader told us the story about the lion. He wanted to be with gazelles but they don't know that because they were afraid that he would eat them. So they decided the lion can't be with them. The lion goes outside so the other players (gazelles) can discuss about strategies.

COOPERATION

- stay calm
- make good agreements
- don't interrupt each other and listen carefully
- if your idea doesn't really work, let it go and help find someone else.
- take on different roles, take into account your talents and those of the others --> always keep the goal in mind. So!
Be sure to set the goal in advance, so you know what you're working towards.

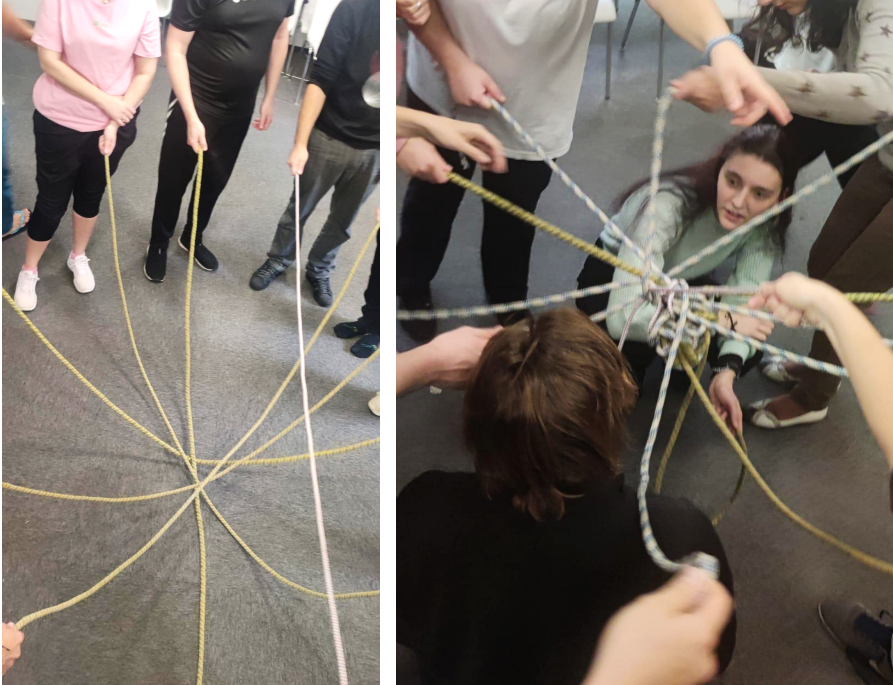


- **Rope game - irish dancing**

1st task: Each player took the edge of the rope. Make a knot without using another hand (look at the picture) and to hold the rope all the time.

2nd task: Untie the knot with the same rules about the hands.

During the game no talking allowed!



TEAM ROLES

TEAM → *What is a team?*

Group of individuals who have 1 goal in mind and work together.

- a. one goal
- b. use the different skills of everyone in your team
- c. together / everyone is involved so that everyone takes responsibility
- d. aim for equality
- e. synergy ($1+1=3$) → successful = what your team achieves is more than what each individual contributes

- Every **team** is a group
- everyone works towards the same goal / we strengthen each other
 - Pass on knowledge
 - there is confidence that we work together and that everyone wants to achieve the goal

BUT

- not every **group** is a team!!
- fulfilling tasks without thinking about the whole
 - rather each for himself
 - not really trusting that all tasks are done

T TOGETHER
E EVERYONE
A ACTIVE
M MORE

● **Belbin-test**

The result was about the role that you have in a team.

TEAM ROLE	CHARACTERISTICS	STRENGTHS	WEAKNESSES
IMP IMPLEMENTER	Needed to plan a workable strategy and carry it out as efficiently as possible. They are hardworking, conservative and self-disciplined.	Practical, reliable, efficient. Turns ideas into actions and organises work that needs to be done. Loyal to the organization.	Can be a bit inflexible and slow to respond to new possibilities. They might be unresponsive to new ideas.
CO CO-ORDINATOR	Needed to focus on the team's objectives, draw out team members and delegate work appropriately. They are calm, objective and knowledgeable.	Mature, confident, identifies talents and clarifies goals.	Can be seen as manipulative and might offload their own share of the work. They might over-delegate, leaving themselves little work to do.
SH SHAPER/ CHALLENGER	Provides the necessary drive to ensure that the team keeps moving and does not lose focus or momentum. They are goal orientated, have lots of energy and like challenges.	Challenging, dynamic, thrives under pressure. Has the drive and courage to overcome obstacles. Can make quick and efficient decisions.	Can be prone to provocation, and may sometimes offend people's feelings. They could risk becoming aggressive and bad-humoured in their attempts to get things done. They could be impatient.
PL PLANT/ INNOVATOR	Tends to be highly creative and good at solving problems in unconventional ways. They contribute new ideas. Important in initial stages. Company founders.	Resourceful, independent, free-thinking, generates ideas and solves difficult problems.	Can be prone to disregard practical details. They could be absent-minded or forgetful.
RI RESOURCE INVESTIGATOR	Uses their inquisitive nature to find ideas and bring them back to the team. They are the link between the team and outer world.	Communicative, outgoing, curious and enthusiastic. Explores opportunities and develops contacts.	Might be over-optimistic, and can lose interest once the initial enthusiasm has passed. They might forget to follow up on a lead.
ME MONITOR EVALUATOR/ OBSERVER	Provides a logical eye, makes objective judgements where required and weighs pros and cons.	Sober, objective and strategic. Sees all options and judges accurately. Analyses ideas of others and is able to think critically.	Sometimes lacks the drive and ability to inspire others and can be overly critical. They could be slow to come to decisions.
TW TEAMWORKER	Helps the team "to gel", using their versatility to identify the work required and complete it on behalf of the team. They are the «oil in the engine». They make sure team is working well. They are very social, caring, understanding and supportive.	Co-operative, flexible, perceptive and diplomatic. Listens and try to prevent conflicts in the team. Good at responding to people and situations. Creates team atmosphere.	Can be indecisive in critical situations and tends to avoid confrontation. They might be hesitant to make unpopular decisions.
CF COMPLETER - FINISHER	Most effectively used at the end of tasks to polish and scrutinise the work for errors, subjecting it to the highest standards of quality control. They are perfectionists with an eye for details.	Persistent and conscientious. Searches out errors. Polishes and perfects. Sticks to deadlines.	Can be inclined to worry too much, and reluctant to delegate. They could be accused of taking their perfectionism to extremes. They have high expectations toward others
SPECIALIST	Brings in-depth knowledge of a key area to the team.	Single-minded, self-starting and dedicated. They provide specialist knowledge and skills.	Tends to contribute on a narrow front and can dwell on the technicalities. They can overload you with information.

Day 5: Friday 28/10
• <i>Cooperation games</i>
• <i>Body maps</i>
• <i>Stereotypes & prejudice</i>
• <i>Impro</i>

★ **Energizer: Ice cream, banana, chocolate**

We divide into 3 groups with apex. Same size.

Groups are:

- Ice cream
- Banana
- Chocolate

Every group needs to create their own sign for the object of the group.

The groups separately quickly decide what sign from the three possible will they show.

Aim is to get all groups to show the same sign without groups communicating with each other.

MORE COOPERATION GAMES

• **Crime solving**

We need to solve a crime. 5 missing pieces we need to find out.

Every player gets a piece of paper with a clue to solve the case. We cannot leave our chair and the group has only 5 moves to get to the paper and write an answer to 5 questions.

Murderer: mr. K

Time of the murder: 22:15

Place: car park

Weapon: wrench

Motive: envelope/blackmailing

Notes:

Mr. Ruttar victim, dating Mr. Bilko wife, R and K regular customers, Mr. R is hot, Mr. K envelope, to Mr. R, Mr. R and K meet, Mr. K could not be found
K drink alone in pub
B 22h and order bottle dark beer
B saw in bar threatening
22:05 leaving B and R
22.10 pm attack, Mr. B on bottle
22.10 Mr. Kramer leaving bar
22.12 44 bus witness bleeding Mr. Ruttar, holding his head. Sitting in car park
Broken street at the car park, wrench in the rubbish bin near the restaurant, Mr. Kramer fingerprints were on wrench
Carpark and narrow street blood stains
Mr. K opening boot car in car park just after 22:10
23.15 pm body found, in narrow alley behind the pub, body was dragged
Post mortem: Mr. R dead for hour - 22:15)

Debriefing:

Option for future playing: In the end to say how many answers are correct and repeat. Špela reads the whole story.

3 P triangle:

When we work in a group different people focus on different aims.
People = focus on fun and cooperate with people, social aspect
Process = how we cooperate, how we decide
Product = focus on result

~ ~ ~

★ **Energizer (by Lu): Non binary rabbit Sam**

What would you like to do with Sam to welcome him?

(give a kiss, hug them, pet them...)

- Give the rabbit to your neighbor. Everyone does something to welcome Sam.
- And now offer what you did to welcome Sam also to your neighbor on the right.

BODY MAPS (by Lu)

- Choose a card that speaks to you.
- Why did it catch your attention? Share in a group of 5.



→ Write 3 words on sticky note that represent you and card or anything, put it on the card and stick the card to your portrait.

→ Choose 1 person from your group and create a pair.

In pairs draw each other in 10 minutes, do not show the drawing to each other during the process.

Write 3 words that represent the person on the drawing.

Pack your drawing as a gift and exchange it between each other.

→ Dancing in same pairs. One person is standing and the other is dancing around. Then switch.

→ Self reflection:

Find part of the body that is...

... the strongest one ... draw a mountain on the place

... weakest one ... draw a flower on the place

... the one we use to communicate first ... draw a river on the place

Do we recognize ourselves in 3 words that another person wrote to us?

Write a letter to yourself, maybe there are stones in the river?

You can go to your previous portrait and compare 3 words.

Last 10 minutes for yourself and then return to the circle.

Debriefing:

What is alive in you right now by one word.

Does anyone want to share their letter?

Connect into a circle, hands touching knees of people next to you and connect. Say what you want to take and leave. Spend one minute together with close eyes, open your eyes and disconnect.

The end.

~ ~ ~

★ **Energizer: Clapping** (by Barbara)

The whole group is sitting in the circle with hands on each other's knees.

One clap signal is sent in one direction.

Two claps change direction.

Three claps skip the next clap.

STEREOTYPES

• Exercise 1:

We were divided into groups of 4.

Every group receives a paper with a **picture of the person**. Try to write things about the person.

Anja reads about the people. Twist. They are real!

“Jorge G.” = (hater)

“Sheila” = Blair Imani (activist)

“Nikolai Harold aka Horst” = Michael Fournier (serial killer)

“Pia” = Dadija Mogahed (researcher)

“?” = Gina Reinhard (rich person)

“Ana” = Toni Virtanen (finnish musician/activist)

Debriefing:

How was it to guess identity from a picture?

What is the “I have got the type” feeling? First impression. Judgment. We make it.

Why?: Surviving. It is easier for our brain. You know how to behave.

Tip for activity for children from Barbara:

Video with a big strong man. What is this man's job?

- Exercise 2:

Špela reads a **story about a king and queen**.

We need to add numbers to characters (king, queen, boatman, chief of guards, lover) based on how morally wrong they are from 1 to 5.

First just by yourself.

Second in a group of 8 people.

Third discussion about who is morally wrong in the whole group.

This is the story (I tried to rewrite it, I'm not sure it is totally correct)

Once upon a time there was a king. He had to go to war but had trust issues so told his wife, the queen, to stay in the castle and he really didn't want her to even come out of her room. The king told the guards to keep an eye on the queen. After a few days, the queen was bored and went through a secret passage to an exit. There she asked a boatman to take her to town. The boatman brought her, and in that city she visited her secret admirer. She stayed for two days and then thought maybe she should go back because the guards had probably already found something. She asked the boatman to help her get back into the castle via the secret way. But the boatman wouldn't because he didn't want to endanger his own. So the queen went through the big entrance where she was going to be seen anyway. The guard saw her and killed her.

Debriefing:

Where is the sense in finding common ground?

It is a thought provoking story for a reason.
Do we need to agree on everything?
It is important to understand. We can agree on disagree.
Share and listen.

~ ~ ~

IMPRO (by Lu)

It is not yes but
Yeas and

- Exercise 1:

First person comes and says who or what they are.

Second, come and join the scenery. Then Third person comes and the first one must say who they take with them. ("I take...") Both of them leave the scenery. One person stays.

- Exercise 2:

We create a **machine**. ("I am ...") with sound. Sound stops when another person joins. In the end all people join.

Topic: Life machine.

In the end all sound together

- Exercise 3 :

10 volunteers goes outside of the room to create **2 statues**

[Inside the rest of the group is waiting and **Movement to guess** (booo/Yees).]

1st: Struggle of migration

See and discuss what is happening and how it works in the world.

Stop the scenery and replace neutral or oppressed characters in the play and change the scenery. Discuss if it solves the situation. (**Theatre intervention**)

2nd: Ideal world for LGBTQ+

- **Shower:** Refreshing, imagining a shower and cleaning our bodies with hands.

- In the end circle and say:

" I am not anymore.....but I am and my superpower is....."

- Reflection tip by Agnes: group draws a tree, roots are the weakest, trunk, crown is better - top is the best.
How do you feel after this day?
Draw your sign.
Then explain why you are there.

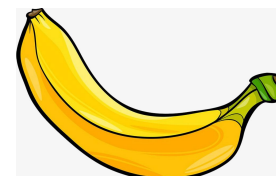
Day 6: Saturday 29/10
• <i>About discrimination</i>
• <i>Intercultural learning</i>
• <i>Sharing is caring - #1</i>
• <i>Sharing is caring - #2</i>

★ **Energizer: Banana song game**

(video in Facebook group)

https://www.facebook.com/tomi.h.hakkarainen/videos/1523473808092768/?idrvanity=670769947331943&locale=nl_NL

*Peel banana. Peel, peel banana.
Chop banana. Chop, chop banana.
Mix Shake banana. Mix, mix shake, shake banana.
Go banana. Go, go banana.*



ABOUT DISCRIMINATION

- 🧑🏻‍🦯🧑🏻‍🦳🧑🏻‍🦲🧑🏻‍🦽 **Take a step forward** exercise.

>> We adapted roles and according to that took step forward when we could say yes to statement.

Here is one version:

<https://www.coe.int/en/web/compass/take-a-step-forward>

>> Getting out of the role:

Hug your character and thank him.

Draw doors. Open them. Go through. Turn back and say goodbye to the character.

While closing the doors say "Goodbye. I am (name)"

- 🌸 **Flower power exercise**

Reflection about own privilege. First we answered these "questions" in the middle, then we coloured flower leaf according to how privileged we think we are in that area. The 5 bottom leaves are there for you to choose what to write on them (open to imagination).



INTERCULTURAL LEARNING

- **Card game**

We played in five tables (numbered with a number from 1 to 5). In each table we were the same amount of people. We had 5 min time to read rules and then they were taken away (as a coordinator you decide if you take the rules of the table or you leave them). Talking was not allowed. 2 min time to practice. Rules were different in every table but that wasn't



told. We were playing by rounds for about a few minutes. The Winners went to the next table and the loser to the previous one.

BARNGA Tournament Guidesheet

You will have about 5 minutes

- To study the rules for and practice playing "Five Tricks."

Then the rules will be taken away

- And no *verbal* communication will be allowed.
- From then on, you may gesture or draw pictures (not words!).
- But you may not speak or write words or use sign language.

Then the tournament will begin.

- You will have a few more minutes to play at your home table (in silence).

The Scoring begins at the start of the Tournament.

- Game Winner: The player taking the most tricks in the *Game* (one "hand".)
- If a game is not complete when the Round ends, the player winning the most tricks so far in the game wins that game.
- Round Winner: The player winning the most games in the *Round*.
- (Ordinarily, several *games* will be played during a *Round*).

Each Round lasts a few minutes.

PLAYERS MOVE like this at the end of each Round:

- The player who has won the most games during a Round moves up to the next highest numbered table. (For example, the winner at the table 1 moves to table 2)
- The player who has won the fewest games during a Round moves down to the next lowest numbered table. (For example, the loser from table 3 moves to table 2)
- The other players remain at the table.
- The tables with the highest and lowest numbers are the exceptions. Winning players at the highest table remain at that table, as do losing players at the lowest table.
- Ties are resolved by alphabetical order.

BARNGA Game Rules: Five Tricks **A Card Game Easy to Learn and Easy to Play**

- Cards:** Only 28 Cards are used—Ace, 2, 3, 4, 5, 6, and 7 in each suit. Ace is the lowest card.
- Players:** Usually 4-6; sometimes varies.
- Deal:** The dealer shuffles the cards and deals them one at a time. Each player receives 4-7 cards.
(or some other amount, depending on the number of players).
- Start:** The player to the left of the dealer starts by leading (playing) any card. Other players take turns playing a card. The cards played (one from each player) constitute a trick. For the last trick, there may not be enough cards for everyone to play.
- Winning Tricks:** When each player has played a card, the highest card wins the trick. The one who played this card gathers up the trick and puts it face down in a pile.
- Continuation:** The winner of the trick leads the next round which is played as before. The procedure is repeated until all cards have been played.
- Following Suit:** The first player for each round may play any suit. All other players must follow suit. (This means that you have to play a card of the same suit as the first card). If you do not have a card of the first suit, play a card of any other suit. The trick is won by the highest card of the original lead suit.
- Trumps:** In this game, spades are trumps. If you do not have a card of the first suit, you may play a spade. This is called trumping. You win the trick even if the spade you played is a low card. However, some other player may also play a trump (Because s/he does not have a card of the first suit). In this case, the highest trump wins the trick.
- End/Win:** Game ends when all cards have been played. The player who has won the most tricks wins the game.

Sivasailam "Thiagi" Thiagarajan with Raja Thiagarajan, *Barnga: A Simulation Game on Cultural Clashes*, Boston: Intercultural Press, 2006.

Resource hosted by LSA Inclusive Teaching Initiative, University of Michigan (<http://sites.lsa.umich.edu/inclusive-teaching/>).

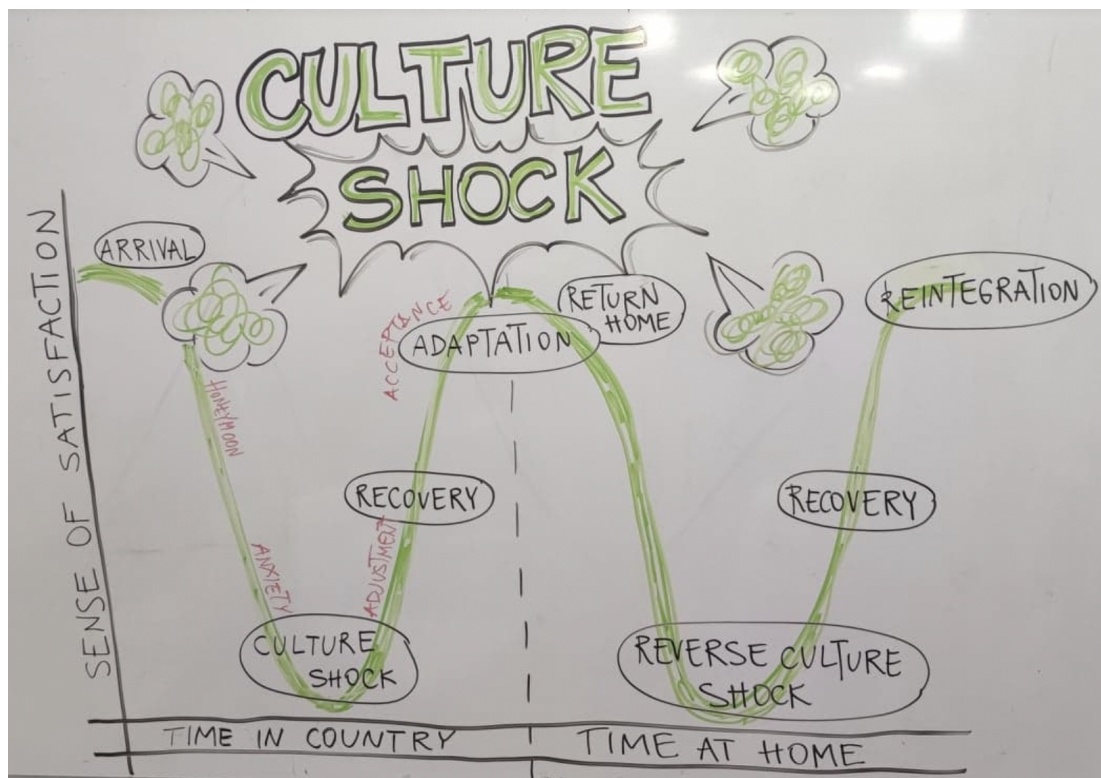
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End/Win:	Game ends when all cards have been played. The player who has won the most tricks wins the game.

The aim of the game is to realize about the concept of culture **shock**, when we don't understand each other and have different rules.



SHARING IS CARING

(..... Still descriptions of workshops to be added)

- **Musical games (Barbara)**

→ **REPEAT** (goal: warming up voice / feeling-following the rhythm (4 beats))

The “conductor” makes a sound / move - keeping the rhythm of 4 beats

$\frac{4}{4}$

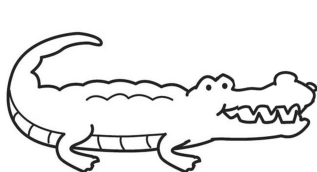
 Sh sh ssshhh sh sh sh sh ssshhh 1 2 3 Ik hou van jou! I love you!

- Sounds to make the group to listen to you and each other / to calm down
- Different ways of using the voice / to warm up (the voice is a muscle we often forget to warm up)

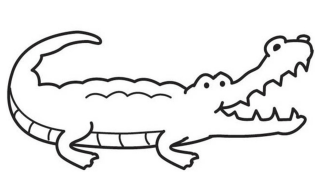
- Use your body to make sounds (stay in 4 beats - don't lose the rhythm - don't pause after every new move)
- Use this to learn new things: a song with difficult lyrics, a new language...
- Change the conductor - Who wants to set the example we need to repeat?

→ **THE CROCODILE** (goal: focus / difference between loud and quiet)

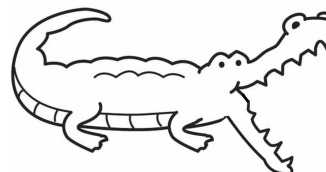
The "conductor" takes two pens (or sticks of ...) and imitates a crocodile's mouth



Mouth is closed: no sounds



A little open: little bit of sounds



Wide open: very loud sounds

- Easy way to become aware of loud and quiet sounds
- Focus on 'the crocodile' and try to follow the nuances as well as possible
- Who wants to be "the crocodile"?

→ **THE LITTLE SANDMAN** (goal: warming up voice / imagination! / remembering the story)

- Feel the magical ground.. It is soft and smooth. Take a little piece of it and make it warm with your hands. Make two legs of a little sandman out of it and start walking into a nice story...
- Each time the little sandman starts walking we say "tudu tudu tudu".
- And the story begins... Use movements and connect them with a sound. Maybe you'll see some animals or other creatures who make funny sounds.

Example:

https://www.facebook.com/barbara.binnebeek/videos/861490291702306?idorvanity=670769947331943&locale=nl_NL

→ **HORSE RACE**

We are all horses who want to reach the finish line! We start easy by walking slowly to the start line. 3, 2, 1, GO!! We run as fast as we can towards the finish (we don't really run - we clap on our knees and make the sound of the running horses) When we reach the finish we are so happy, we put our hands in the air and we yell "Yeah!!"

But there are lots of obstacles during this race!

- Small and big bushes we have to jump over = JUMP
- Small and large pools of water that we jump in = SPLASH
- The hooligans who are yelling = WHO WHO WHO
- And the party people who are singing = TADA TADA TA TA DA

Example:

https://www.facebook.com/groups/670769947331943/?multi_permaLinks=697668684642069¬if_id=1667136611744053¬if_t=feedback_reaction_generic&ref=notif&locale=nl_NL

→ **THE SNAKE**

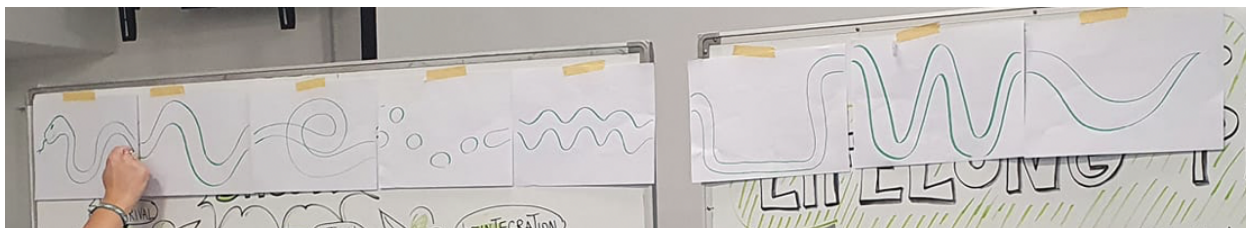
Tell a little story about a snake-friend of yours... His tale is really special!

Divide it in parts - each part has a different form.

- Imitate the forms with the sound of your voice.
- Imitate the forms with a sound you make on an instrument or an object of your choice.

The “conductor” walks along the tale of the snake, so that everybody knows how fast we are going... Change the tempo / change the conductor.

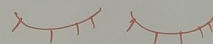


Use different colors on the tale to divide the participants in smaller groups. They need to be focused and know when to make a sound.




● **WHAT IS A GAME? (Maky)**

We created our own game starting with a ball. Rules in picture. Game was created together and it was evolving

SPECIAL → UNIQUE

- YOU MUST DO MOVE
IF YOU FORGET
-  →  
- "APPLAUS" 2 "TADA"
- 2 BALLS
- max. 2 seconds
- stand up (in circle)

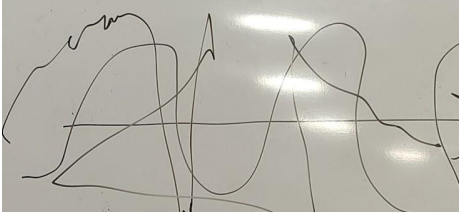
"TADA' BALL"



+ to make dance
colour → object
language - words
story of tada
math

imagine
create
enter
explore
close it

- connection, kind
- overcome failure
- use body
- be creative
- dancing!
- feel comfortable






FUZZY GOALS

reflection²

- SKILLS
- KNOWLEDGE
- APPROACH

PLAY VS. GAME

- GOAL 
- RULES 
- RESTRICTIONS 
- ACCEPTANCE ✓

- rules
- win or loose · acceptance
- goals
- object - ball · evolve
- everybody · challenge
- setting

target group · story · sound

Day 7: Sunday 30/10
● <i>About Erasmus+ & creative thinking</i>
● <i>Networking & action plan</i>
● <i>Evaluation</i>
● <i>Evaluation</i>

★ **Energizer: NINJA**

- Divide in pairs or in groups of three or with the whole group
- Challenge each other - start by screaming "NINJA"
- The first one tries to hit the hand of the other one. If he succeeds the other must put his arm behind his back.
- The attacks go further till one has no hands left.
- They start again.



ERASMUS+

→ more than 300 pages of guidebook...

- YOUTH EXCHANGES
 - For youth - up to 30 years
 - For everyone, not only youth workers or teachers
 - Main goal: Learning from each other
 - !! Not free traveling !!
 - Searching for motivated youth who want to go on exchanges
 - Program: the partners are making the program - depending on the theme of the exchange (f.e. environment)
- TRAINING COURSES
 - Everyone who works with youth
 - +18 years - no limits
 - Learning skills and methods
- ESC - European Solidarity Corps

- Bringing youth together
 - Volunteers!! The food and stay is payed for
 - Working as a volunteer for 2 month to 1 year
 - Also local projects in your own country!
-
- Youth Pass
 - Certificate with your own experience / which skills you improved
 - <https://www.youthpass.eu/en/>

SALTO YOUTH TRAINING CALENDER

→

https://www.salto-youth.net/tools/european-training-calendar/browse/?fbclid=IwAR3StzE_I89ytIs91C6_h2_HabOyMirnekGywzR-p_SqlyAScd9LeCQPJ4

- Everyone in your country can participate
- Only courses, no youtube exchange
- Important to look for organizations in your country to know what there already is

CREATIVE THINKING

- Passing the bottle and giving it a new meaning. Show what it is/how it is used. Others guess what bottle represents.

- THINK OUT OF THE BOX

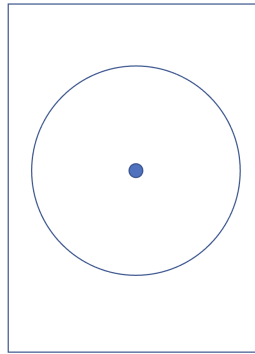
→ → there are no answers... So, have a nice time finding it out :-)

Puzzles

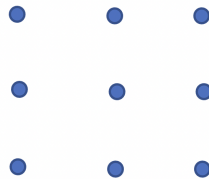
- Divide this figure in 4 same forms



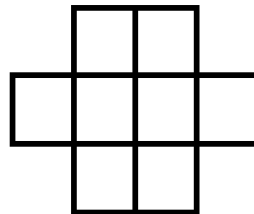
- Draw a dot and a circle on a A4 paper without lifting your pen



- Draw 4 lines, which are not crossing each other in a dot, so that every dot is crossed



- Fill in all numbers from 1 to 8 in this schedule but! Following numbers can not be next to each other or diagonal to each other.



~ ~ ~

★ **Energizer: Shoot names**

- Put your hands together and slide your upper hand and yell the name of one of the people in the circle.
- This person does immediately the same (sliding and yelling a name), without hesitation. He/she hesitated or missed? He/she makes a new circle and starts playing te same game with everyone who falls out.
- You fall out of the second circle? You go back into the first circle.



- **Perfect circle - game**
- **Who has the hat?**
- **Who's a planet?**



- **Toni Whoops**

[More >> Edward de Bono]

NETWORKING & ACTION PLAN

What are you taking with you from this course...

Who's giving // What will you be giving // When // For who?

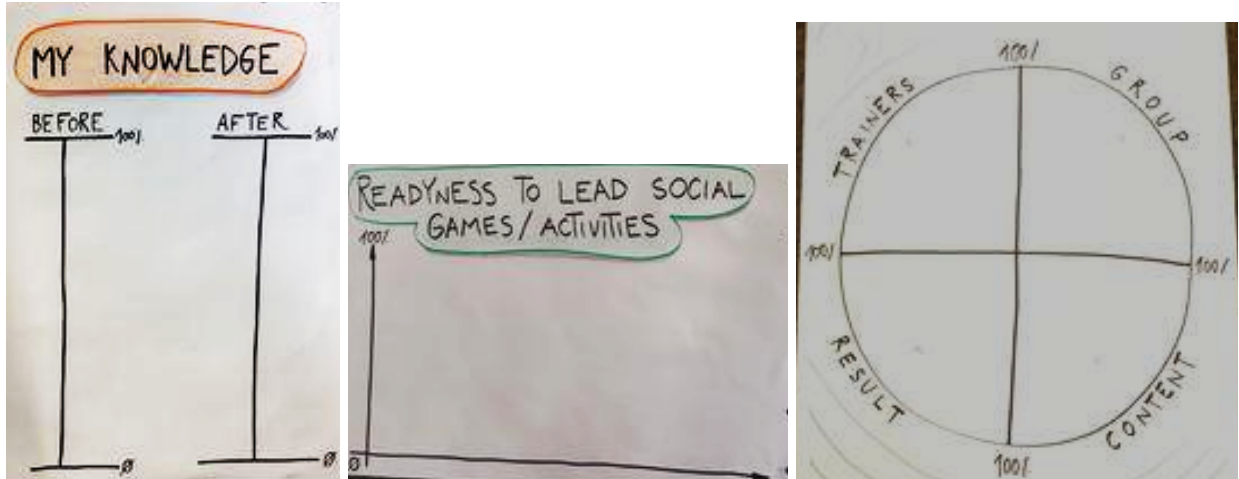
★ **Energizer: "When the sun rises..."**

"When the sun rises, everyone who..... Change places." says a person in the middle of the circle, supported by a hand move, representing the rising sun.

When people move, he tries to jump in on the free place.

EVALUATION

- 3 big papers



- Throw with the ball of wool
Everybody throws the ball of wool after telling what he/she takes home from this course.
→ at the end everybody gets a peace of the wool to remember each other

★ **Energizer: Bunny bunny**

Stand in a circle and clap on your knees - all the same rhythm - while saying "Kumba kumba". One person starts and has a little bunny.

He/she moves the fingers into there one direction saying "bunny bunny" and then turns his hand around and saying "bunny bunny" to another person.

Upgrade: when a person is saying "bunny bunny", those beside him dance and say "....."

