

## Training Programme

### Additional exercises

Day (X)

#### 1 Crossing the bridge

##### Warm Up Exercise

20 min

##### Useful for:

Building a strong bond within the group.

##### Resources needed:

Masking tape

##### Room layout:

Clear open space with two lines running in parallel dividing 30 cms apart.

##### What Happens:

Divide participants into two groups, lined up one behind the other on the end of the two lines (the 'bridge'). The groups are facing each other. Tell participants their task is to switch places without falling off the bridge. They cannot step outside the lines. If someone steps outside the lines – falls off the bridge – they will have to line up and start again. Tell participants that they have five minutes to complete the task. The first team to get everyone across the bridge will be the winner. After five minutes, when they have not completed the task. Tell the participants to return to their side of the bridge and develop a strategy. After a few minutes, tell them to start again and let them try another few minutes.

Reflect on the experience with the whole group following questions like:

- How did the activity feel?
- Was it hard or difficult?
- Was it hard to balance the need for co-operation and the need for competition?



## 2 Back to back drawing

### Exercise

40 min

### Useful for:

Exploring and learning communication skills and strategies, exploring collaboration, exploring alternative ways to create and interpret narrative; exploring how people learn

### Resources needed:

Standard blank paper, postcards or magazine images, pencils, clipboards for half of the participants

### Room layout:

as many chairs as participants (positioned in pairs back to back)

### What happens?

Participants get into pairs and are seated back to back. The facilitator gives one person from each pair a postcard and they are asked to not share it with their partner but to study it for a few minutes. The other person gets a piece of paper and a pencil. The facilitator explains that as a pair they have ten minutes to 'recreate' the postcard using only verbal description, with one partner describing the scene to the other, without sharing the postcard.

After no more than 15 minutes, the facilitator stops the exercise and asks the describer and the drawer to hand in the

pictures and the drawings that were made of it without showing it to each other. The facilitator then gives the observer from the last round a clean piece of paper and a pencil, then the facilitator gives the drawer of the last round one of the pictures that has just been drawn (not one of the originals). In these swapped roles, the two shall now follow the same instructions like the round before (one tells the other what he or she sees on the picture so the other can draw accordingly on the new sheet of paper). The facilitator allows another 10 but no more than 15 minutes for the new picture to be described and drawn.

Meanwhile the facilitator puts out on some tables the original pictures. When the drawers and describers have finished they are then allowed to show the drawings to each other. They then go and forage for the original picture, placing their drawings alongside. Everyone is then able to see what everyone else has done. Then the facilitator should bring the group together in a circle and reflect on what they learned.

Reflect on the experience with the whole group following questions like:

- What did you find most helpful as the drawer?
- Least helpful?
- As the describer how did you convey the picture?

Did you change your strategy as you went along or continue as you began?



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