

Activity 0.08 Anyone Who

Module: Introduction Module

Duration: 20 Minutes

Social Development Themes: Arts

Summary:

This is a gentle but active way of looking at identity and culture. The exercise encourages participants to share information about themselves with the group in a safe way. This way, we learn more about the other members in the group and begin to uncover similarities and differences.

Learning Outcomes:

Team-building and Networking within the group

Preparations and Materials:

Chairs

Approach:

1. Ask the participants to sit in a wide circle and remove any empty chairs. The facilitator should then stand in the middle to demonstrate how the activity works.
2. The aim is for the person standing in the middle to find a seat. In order to do this, they should make a statement about themselves that is true. This should be something that is visible and might also be true for other people in the group. For example, if the person in the middle is wearing a shirt, they may choose to say: 'anyone who is wearing a shirt'. At this point everybody wearing a shirt will stand up and find a different seat and the person in the middle will try and find an empty seat while the others are moving around.
3. There are two other rules: participants cannot go back to the seat they got up from, or go to the seat on either side of them. The person who is left standing in the middle will choose a new statement and begin the game again.
4. After a few rounds, the facilitator can introduce a new rule, for example, the statements should still be true about the person in the middle of the circle but should be something that we can't see. For

example, 'Anyone who has a brother, has been on an aeroplane, likes chicken etc.'

5. In the last round, the facilitator can introduce a final rule, where the statements have to focus on being an Active Citizen, or the Active Citizens' training they're about to participate in. For example, 'Anyone who is feeling nervous about this training, anyone who knows the change they want to see in their communities etc.'

Debrief:

The debrief questions for this exercise can be used to begin to explore themes related to creating a safe space in which to share. Creating a safe space is not just about the physical space; there is also the issue of supporting the group to feel safe emotionally. For example, for some participants it might be difficult or uncomfortable to be in the centre of the circle. Following this activity it could be helpful to explore and acknowledge this.

What was it like to play the game? What did we learn? Why might an activity like this be useful at this stage of training?

How did you feel standing in the middle? Did you feel under pressure or exposed?

How did it feel to know that there are things the group share? How did it feel when only a few people moved?

Were you surprised by anyone moving or not moving? As we go through the programme we will be looking at assumptions and how to hold them lightly.

Who enjoyed being in the middle of the circle? (It's useful to share with participants that some people will feel comfortable in the middle and some may not.)

As we go through the arts-based approach we need to be mindful of how other people are feeling and look out for each other. We want to create safety in the group as we move through the training (see arts facilitation techniques)