

HANDOUT 6

GET TO KNOW EACH OTHER



You will need a rope in order to create a big circle on the floor for all the participants.

Time: 30 minutes or more, depending on the number of participants.

The circle on the floor represents the comfort zone. When doing some job in the circle, the participants feel calm and confident.

The zone outside the circle represents the discomfort zone. The participants face emotional and psychological challenges during the implementation of certain activities in this zone.

Every participant describes the projects and activities that he/she has attended. (Personal representation, learning new skills/sports, public speaking etc.) The participant, who is speaking, invites the other people to step in/out of the circle, depending on their feelings about the subject. That way everybody can share his/her story and the others to decide how they feel about that.

Everybody can observe how different people feel comfort/discomfort and compare their own emotions and feeling about the different subjects to find similarities and differences.