

# LESSON PLAN 6

## GET TO KNOW EACH OTHER



### ABOUT THE LESSON PLAN

**DURATION:** about 30-45 minutes, depending the size of the group

**MATERIAL REQUIRED:** You will need tape or rope to create a circle on the floor large enough to accommodate all participants.

### OBJECTIVES:

Participants have the opportunity to get to know each other better.

By understanding what causes comfort and discomfort to others, each participant will better understand the behavior of others and can increase their sense of empathy. They can increase their cultural sensitivity in discovering common themes of behavior among their colleagues while having the opportunity to observe and assess the individuality of each member of the group.

### LEARNING OUTCOMES:

The purpose of this exercise is to facilitate easy cooperation between people from different cultural, religious and ethnic backgrounds. As participants are helped to realize how intersubjective dynamics shape their relationships, what privileges some groups have and what barriers other groups have to overcome, they will be better prepared to accept diversity. Focusing on these issues increases participants' understanding and acceptance of different types of behavior, making them much more able to collaborate and work as a team.

### LEARNING CONTENT

The circle on the floor represents the comfort zone. In it, the participants feel at ease in performing a certain activity.

he space outside the circle is a zone of discomfort. In this area, participants feel an emotional / psychological level challenge during the implementation of certain activities.

Each member of the group indicates a specific aspect of the activities or projects in which they were participants (for example: talking about themselves, learning new skills, playing a new sport, speaking in front of other people).

The group member who has the floor invites each participant to stay inside or outside the circle, depending on how it makes them feel. Each participant has the opportunity to share each time all members of the group take their place inside or outside the circle.

Whenever the members of the group have the opportunity to observe what makes the other participants feel comfortable or uncomfortable and how, it is similar or different with the elements that cause comfort or discomfort to their peers.

## TIPS FOR FURTHER READING

- [https://youthincludedblog.files.wordpress.com/2015/11/bulgarian\\_immigrant\\_guide-youth-included.pdf](https://youthincludedblog.files.wordpress.com/2015/11/bulgarian_immigrant_guide-youth-included.pdf)
- [https://asylumineurope.org/wp-content/uploads/2021/02/AIDA-BG\\_2020update.pdf](https://asylumineurope.org/wp-content/uploads/2021/02/AIDA-BG_2020update.pdf)

## HANDOUTS

Handout 6