

1. Integration circle – “Pulse”

The “ritual” of gathering in a circle was repeated every morning and it contributed to strengthening interpersonal relations. Each day a different pulse technique (a psychodramatic practice) was used.

“Scarves” (first day). Participants sit in a circle, in the middle of which are the scarves (colorful pieces of fabric). Each person (one by one) chooses a few scarves, returns to their place, and talks about their feelings, assigning to each of them chosen fabric. They also explain the choice of color and shape of their material. In the second round, everybody speaks about their professional activity, again using scarves and trying to put them in motion. This time pieces of fabric function as stage props. They can become anything (wings for instance) to illustrate character of professional tasks carried out by individual participants in their home environment.

“Chairs” (second day). Two chairs are placed on “stage” and participants sit in a semi-circle facing them. They are asked to come on stage one by one and try out each chair. The first chair represents personal level of the workshop experience. Each member of the group sits on the chair and talks about feelings and reflections on the previous day and on their present state of mind. The second chair is meant for sharing about professional lessons learned.

“Extremes” (third day). Two scarves are placed at the opposite ends of the room. One means “positive attitude to work” and the other – “discouragement”. The participants are asked to find their place between the two poles according to their present feelings. Then, each of them says a few words to explain their choice. In the second and third run the group focuses on workshop activities. First, one scarf means “having clear ideas about the theatrical piece to be created” and the other – “having many doubts and questions”. Next, the two extremes are: “I have my story ready” and “there is no story, yet”.

2. Self-portraits – “Mapping ourselves”

The participants are invited to find their own place in the room and look for objects and materials which can be helpful in creating an image - a “map” of themselves. They work individually, having about 40 minutes to complete the task. The main aim of “mapping ourselves” is to find a visual expression for the most important and characteristic features of each person – his/her personality, interests, situation in life. When all maps are ready, the participants, one after the other, are visited by the rest of the group. First, the visitors give their feedback on what they see and how they understand the meaning of the whole picture and its individual elements. Next, the host/creator of the image justifies the logic of the structure and explains his/her ideas and reasons behind choosing specific visual elements. The leaders point out the importance of shape, color, size and positioning of every element chosen to the meaning of the image. The participants, together with the creator of the picture apply some changes to the original version and discuss the influence of the new solutions on the message conveyed by the image.

3. Reflection circle

Participants sit in a circle and briefly sum-up their experience of the day. They again use scarves (other objects can be also used) to illustrate their thoughts and emotions, like they did in the pulse practice.

Learning outcomes/results

Group building activities proved to be effective, even though the team was very small. After three days of working together, the participants managed to present a short theatrical piece to

the audience which required effective communication, mutual understanding and close cooperation. Also, the exercises applied helped participants to reflect on the progress of joint work. Using scarves and other objects helped the group to open up and talk more freely about themselves.

As a result of the implementation of this module, the participants learned:

- how to use various reflection and integration techniques in order to support proper group dynamics,
- how to convey messages through visual expression,
- about the importance of precision and clarity of each element of the images created on stage.