

Module 1: Welcoming the participants

Learn the names

The facilitator can choose from many exercises to learn the names. We propose here a fun activity that also improves concentration and nonverbal communication. As material all we need is 3-4 small juggling balloons. The activity consists of three steps.

1. Presentation

All participants are asked to stand in a circle - facilitators, artists, participants. The facilitator introduces himself and throws the ball to someone else who comes to his turn. The facilitator can set an example for the following to understand what information they could give. For example: I am XY, Z I came and what I seek in this workshop is Y.

2. Repeat

In this phase the participant who threw the ball calls someone else by their name and another participant then throws the ball, who also on his turn says the name of someone else to throw the ball etc. If the group seems to have acquired this step, we can raise the level of difficulty and add a second or a third ball.

3. Observation, acceptance

Thirdly we do not pronounce the participant's name instead we make eye contact with someone to throw the ball. Again one can add second, third or fourth ball.

Cat - mouse

An energizing exercise to awaken the group and create a good active atmosphere: the participants get in pairs, side by side, scattered in the room. The facilitator and one of the participants stay alone and separate. The facilitator becomes the "cat" and the participant the mouse. As usual, the cat tries to catch the mouse, which has to escape. The mouse can also find refuge by going next to one of the pairs. In this case it becomes the new partner with the person who is at his side, forcing the third to run as it has become now the new mouse that must escape.

Blind Walk: solo, two, together.

An exercise in three stages to test and create confidence in yourself and in others.

1. Two participants are invited to volunteer to become "pillars". They go apart more or less than 3 meters behind one another. Participants are asked to make a "Eight" bypassing the two pillars to return to their starting point – keeping eyes closed from the beginning to the end. All members are invited to make their "eight", even the pillars - who will be replaced by others.
2. Participants are invited to do the same exercise, but this time only two, by holding arms. Only one rule: keep your eyes closed and do not talk.
3. In a third step the whole group gets together at a distance of an arm, and they are invited to do the same exercise but moving together as if they were an entity.