



Name of activity	Invisible Balls
Category	<p>Development of Language skills:</p> <p>Development of Social and Emotional skills:</p> <p>Development of Entrepreneurial skills:</p> <p>Ice-breaker activity/ Warm up: x</p> <p>Evaluation activity:</p>
Objectives	<p>To develop between participants:</p> <ul style="list-style-type: none"> - Connections - Eye contact - Ice breaker - Group bonding / cohesion - Storytelling in their heads
When is best to use this activity ?	<p>At the beginning of the workshop: x</p> <p>In the middle:</p> <p>At the end:</p> <p>Other: x (also first thing after lunch and as an energy booster)</p>
Duration	10 to 20 minutes
Material needed	Only a flip chart, or similar, to make group notes
Preparation needed	Appreciation and rehearsal of the steps required
Step-by-step activity	<ul style="list-style-type: none"> - Introduce this exercise as Invisible Balls - Ask everyone to form a circle with enough space to have their arms extended - Introduce a 'yellow tennis ball' - Get someone to begin and then 'throw' the ball from

	<p>one to the next around the circle</p> <ul style="list-style-type: none"> - Then repeat, except going the other way (this shows it can be done AND that people will join in, when asked) - Get someone else to begin, and 'throw' the ball to each other, randomly (so it is unpredictable) - Introduce the next ball: an invisible football, once a certain level has been achieved - Get 2 people to begin, one with the tennis ball and the other with the football - As before, the tennis ball is 'thrown' whilst the football is 'kicked' to each other - Once a certain level has been achieved, the game can end or you can introduce the next item. Try a frisbee or a paper airplane. You could ask for suggestions...
<p>Closing up the session</p>	<ul style="list-style-type: none"> - Acknowledge the fun - Acknowledge that there are NO balls and thank everyone for joining in - Acknowledge the achievements; e.g. good 'catching' good acting - Ask what went well and at what times the exercise didn't go well. Allow the discussion to flow
<p>Helpful tips for the trainer</p>	<ul style="list-style-type: none"> - Underarm with the tennis ball; softly with the football; otherwise it could become competitive - Keep a watch for good (and not so good) eye contact - If/ when the balls go 'missing', pause the game and ask why this might be (who neglected eye contact? Did we stop believing? etc) - Praise good ball skills - Praise good acting - this is our inner belief in action - Point out that we are creating imagery in our minds and therefore telling rudimentary stories
<p>Notes</p>	



Name of activity	Nametags
Category	<p>Development of Language skills:</p> <p>Development of Communication skills:</p> <p>Development of Entrepreneurial skills:</p> <p>Ice-breaker activity/ Warm up: X</p> <p>Evaluation activity:</p>
Objectives	To help participants get to know and remember each other
When is best to use this activity ?	<p>At the beginning of the workshop: Is a Ice-breaker</p> <p>In the middle:</p> <p>At the end:</p> <p>Other:</p>
Duration	15 minutes
Material needed	<ul style="list-style-type: none"> - Nametags for each participant - Box
Preparation needed	None
Step-by-step activity	<ul style="list-style-type: none"> - Put the nametags for each person in a box - Ask people walk into the room, each person picks a nametag (not their own). - When everyone is present, invite participants to find the person whose nametag they drew and introduce and say a few interesting things about themselves. - When everyone has their own nametag, propose to each person in the group to introduce the person

	whose nametag they were initially given and mention something of interest about that person
Closing up the session	None
Helpful tips for the trainer	Another suggestion for sharing in pairs could be: “the story of his/her name”: why their parents chose his/her specific name? What is its story? If they don’t know, it could be the meaning, the origin
Notes	



Name of activity	“This scarf is not a scarf...”
Category	<p>Development of Language skills:</p> <p>Development of Social and Emotional skills:</p> <p>Development of Entrepreneurial skills:</p> <p>Ice-breaker activity/ Warm up: x</p> <p>Evaluation activity:</p>
Objectives	<ul style="list-style-type: none"> - To enhance participants’ imaginative and associative skills - To develop the ability to work with emotions and inner pictures - To develop memory
When is best to use this activity ?	<p>At the beginning of the workshop:</p> <p>In the middle: it follows a (folk)story, and this activity is connected to the story</p> <p>At the end:</p> <p>Other:</p>
Duration	15 – 30 minutes
Material needed	<p>20-30 scarves – all different colors.</p> <p>A basket or a nice bag or box to hold the scarves.</p>
Preparation needed	None
Step-by-step activity	<ul style="list-style-type: none"> - Tell a (folk) story to the group - Then take out the bag (full of scarves) and say this: “We have colorful scarves in a basket or box. Tell the group members that we have the whole world in the basket and we will perform magic by changing the scarves into

	<p>whatever they wish to.”</p> <ul style="list-style-type: none"> - Then take out one scarf of the bag saying: “This scarf is not a scarf, this scarf is” Participants can finish the sentence as they wish, for example: “this scarf is a magic flute...” The scarf can be a character, an object, something from nature, a feature of the character, a smell, basically anything. - After participants turned the scarf into something else, put the scarf on the table/floor in front of the group. After that, pull out another scarf from the bag and the same routine follows. - When all the scarves are turned into something and are laid on the floor/table next to each other, grab one of them saying: “This magic flute is not a magic flute, this magic flute is a scarf.” And then put the scarf back to the bag. During the whole process, the whole group enchants the sentences (“this scarf is not a scarf, this scarf is a magic flute” .. then “This magic flute is not a magic flute, this magic flute is a scarf“. This has a hypnotic atmosphere. - The facilitator can make a second turn asking the participants to change the scarves into the feelings that can be connected to the story, or that they felt while listening to the story.
<p>Closing up the session</p>	<p>The facilitator can discuss the following (or other) questions with the group:</p> <ul style="list-style-type: none"> - How did you feel during the activity? - Could you relate to other people’s pictures, emotions? Did they resonate with you? - Did you learn something about yourself and others? - Did this exercise change your relationship to the story – or did it deepen your understanding of the story in any way?
<p>Helpful tips for the trainer</p>	<p>Each scarf should have a different dominating color – scarves should not have any figurative pictures on them.</p>

Notes	
--------------	--



Name of activity	Introduce yourself
Category	<p>Development of Language skills:</p> <p>Development of Communication skills:</p> <p>Development of Entrepreneurial skills: x</p> <p>Ice-breaker activity/ Warm up:</p> <p>Evaluation activity:</p>
Objectives	<ul style="list-style-type: none"> - To learn how to present yourself - To learn how different words and images are conceived by the listener - To learn how to use images in an effective way - To learn how to use experiences/personal stories of your own life in an effective way
When is best to use this activity ?	<p>At the beginning of the workshop: x</p> <p>In the middle: x</p> <p>At the end:</p> <p>Other:</p>
Duration	<p>Depends on the size of the group</p> <p>10 minutes preparation, 2 minutes for each participant</p>
Material needed	None
Preparation needed	<p>For the trainer: prepare three different introductions (1-2 minutes per introduction) of yourself to give as an example at the beginning of the exercise.</p>
Step-by-step activity	<ul style="list-style-type: none"> - Ask the participants to introduce themselves in a specific way: they have to present themselves with the

	<p>aim to transfer/give a certain image of themselves. (mention some examples: adventurous, intelligent, shy, tough, experienced, friendly, caring) by using experiences from their own lives</p> <ul style="list-style-type: none"> - Give every participant 5-10 minutes to prepare an introduction - Propose to every participant 2 minutes to present their selves - After someone who introduced him/herself, ask the group what image they got - Check with the participant who introduced himself if the conveyed image is correct - If you feel like it give some feedback or ask the group for feedback. - Do this till everyone has introduced themselves
<p>Closing up the session</p>	<ul style="list-style-type: none"> - Thank everybody for sharing - Repeat some of the good things you heard, explain how important it is to present yourself in a good way and the power of using personal stories in doing that.
<p>Helpful tips for the trainer</p>	<p>In the introductions prepared, try to convey three really different images (using personal stories) as examples how you can introduce yourself differently.</p> <p>We can propose a second version of this activity, for people who has some language skills:</p> <ul style="list-style-type: none"> - Ask everybody to form a circle - Invite one participant to come at the center of the circle, stands, and tells about one thing he likes (and that he's pretty sure others like too) - Propose people to move forward according to the intensity of their agree, and stand next to the first participant if they totally do - Everyone has to say something <p>We can do the same activity but with something people has pretty sure the others don't like or they haven't do in their lives. So they can see in what ways they are different from the others, and valorize what they are the only ones to have already done</p>

Notes



Name of activity	What are you doing ?
Category	<p>Development of Language skills:</p> <p>Development of Communication skills:</p> <p>Development of Entrepreneurial skills:</p> <p>Ice-breaker activity/ Warm up: x</p> <p>Evaluation activity:</p>
Objectives	<ul style="list-style-type: none"> - To create an open and comfortable atmosphere - To link body, words and movement
When is best to use this activity?	<p>At the beginning of the workshop: x</p> <p>In the middle:</p> <p>At the end:</p> <p>Other:</p>
Duration	10 minutes
Material needed	A comfortable space
Preparation needed	None
Step-by-step activity	<ul style="list-style-type: none"> - Invite participants to stand in a circle - Ask one person to move to the center and begins acting an activity, such as playing tennis. It is important that the people really do the activity. - Invite a second person to enter the circle and ask, "What are you doing?" The first person then responds, while still doing the original activity: "Dancing salsa." The second person then begins dancing salsa, and the

	<p>first person leaves the center</p> <ul style="list-style-type: none">- Propose to another person to enter and ask, "What are you doing?" The person in the center, while still doing her activity, replies: "Climbing a tree" (or any other activity whatsoever), etc.- Repeat this sequence at least 10 times
Closing up the session	None
Helpful tips for the trainer	It can be suggested that actions relate to workshop content to consolidate/have fun with learning if you want to.
Notes	