

Dodgeball with an edge

Theme: conflict resolution; participation; social inclusion

Group size: 10-20

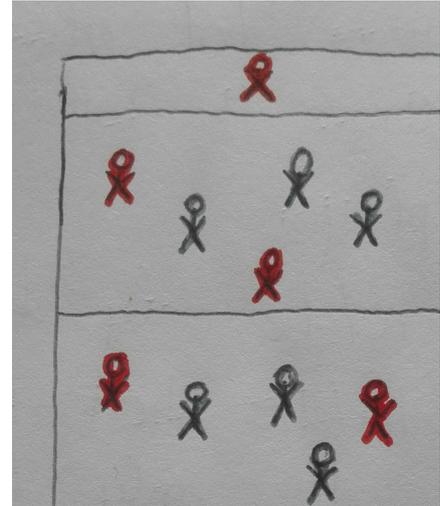
Age range: 10+

Complexity: medium/complex

Materials: court, ball, cards, participants, chalk/ropes to decide lines

Time: 60-90 min

Overview: physical activity to challenge the participants to step up of their role



Objectives:

- physical coordination
- to adapt to new roles
- to raise awareness on the topic of discrimination
- to understand and reflect on your own behaviour and of others

Instructions:

- divide the groups into two gender balanced groups
- explain the field and the outlines
- each group now needs two decide who will be playing on the edge (see picture of court)
- explain the rules as follows:
 - the main goal of the game is to throw the ball at an opponent to eliminate him/he
 - if the person catches the ball he/she avoids being eliminated and can continue the game by throwing the ball at the opposite team or:
 - you can pass the ball to the person on the edge (edgeplayer) and he/she can try to throw at the people from the opponents team from the other side
 - if the edgeplayer does not catch the ball it goes to the opponents team
 - the game ends when every player of one team is eliminated
- after playing the game ones the teams change sides and your start a new game and this time handing out special role cards to some of the players (of both teams)
- examples for the role cards:
 - Never throw at your opponents, always pass to your colleague instead
 - Pass the ball to your edgeplayer by rolling it on the floor like a bowling ball
 - Always throw at the same person
 - Always throw the ball fo
 - Always throw the ball only to the edgeplayer
 - When you catch the ball, do nothing and leave it on the ground.
- after the second round ask the participants to do some stretching (3 minutes) in silence and reflect on how they felt during the game

Debriefing:

- How did you feel during the game (individually and as a team member)
- What do you think about the game?
- How did the game change after receiving the role cards?
- How were the ones feeling that did not get a role card?
- How did it make you feel when you were eliminated?
- What was your reaction when people started acting according to the cards?

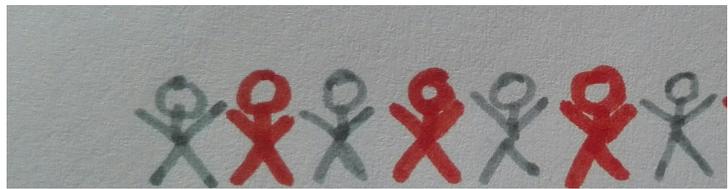
Growing snake

Theme: teamwork, cooperation

Group size: 20+

Age range: 6+

Complexity: easy



Materials: participants, square (adapt the playing field to the size of the group)

Time: 40 min

Overview: recreational physical creativity to initiate self reflection on individualism vs. teamwork

Objectives:

- reflect about individualism and teamwork
- create strategies and adapt them accordingly
- coordination

Instructions:

- mark the field and explain its limits
- the group chooses one person to be the head of the snake, this will be the person catching the others
- all participants spread out on the playing ground
- the game starts and the head of the snakes tries to catch someone (if the head of the snake is female she catches a male and vice versa)
- by catching someone the snake starts to grow
- the person who was caught has to go to the end of the snake, the snake sticks together by holding hands
- only the head of the snake is allowed to catch
- the snake grows catching one by one (male-female-male-female-male....)
- the game ends when everyone is part of the snake
- two options:
 - everyone caught is becoming part of the tail of the snake
 - every new person caught becomes the new head of the snake and is allowed to catch and lead the group

Debriefing:

- How did you feel, what do you think about the activity
- How did you feel when you were caught?
- Did you wanna be part of the snake or try to continue individually?
- How did you organize inside of the snake?
- Which option did you prefer (changing snake head or steady snake)?