



# Activity, Sport and Play for the Inclusion of Refugees in Europe



## Playing field 4

Instilling hope



## Duration

15 minutes



## Material

Quiet, relaxing music if possible



## Group Size

2+ (possible even)



## Aim

Facilitate positive and hopeful states of mind and contribute to good feelings about self and others



## Age

6+



## Source

Qualification measure  
"Fit for Diversity" of "Integration  
through Sport  
programme"/DOSB [www.integration.dosb.de](http://www.integration.dosb.de)

## Light physical contact

### 1. Information

This exercise helps to instilling hope, a positive, action-oriented expectation that a future goal or outcome is possible. Hope can be encouraged by helping people realize that they are not alone in their reactions.

### 2. Description

The facilitator asks participants to form pairs, based on height or gender.

One person is "A" and the other is "B". If possible, play some quiet, relaxing music to accompany this activity. Ask the pairs to stand or sit back to back. Ask them to find a balance, so that each person can feel the other's back, without leaning on or carrying the weight of the other. Tell the participants to concentrate on their own back and skin for a while, then shift their attention and focus on sensing the other person's back. If there is music, ask participants to find a common rhythm, and follow the music. Now, ask participants to concentrate on sensing the place where their backs meet, and to gently start swaying, finding a common rhythm. Ask "A" to take the lead first and then "B" follows. Finally, they try to find a common rhythm, where no one is leading and no one is following, and they do that for some minutes. Spend a few minutes sharing how the activity worked out.

Second part: Gently massage each other's shoulders. "A" will do it for 5 minutes and then "B" will do it for 5 minutes.



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### 3. Adaptations

Adaptation is not needed, but be aware that relaxation and body contact exercises are often not suitable for traumatised persons. They might not be able to accept body contact from other persons. Therefore no one should be pressured to participate.

### 4. Evaluation / Debriefing.

Participants spend a few minutes sharing three positive things about the movement exercise and the massage. "A" goes first and then "B". Finally, the participants thank each other and return to plenary. Invite each person to say one positive thing about the day's activities.



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