



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



Category

Sense of safety



Duration

5 minutes



Material

-



Group Size

Any size



Aim

Provide an opportunity for participants to share feelings and emotions about the crises they have experienced



Age

8+



Source

ICSSPE - International Council of Sport Science and Physical Education
www.icsspe.org

Sharing Circle

1. Information

This exercise helps to promote a sense of safety, which is essential to reduce biological responses, such as sleeplessness, difficulties in concentrating and reduced mood levels, as well as to support people to develop adaptive coping skills and ways of thinking.

2. Description

At the end of each session, the facilitator should find a comfortable place, for example under a shady tree or in the corner of the gym.

The facilitator introduces a relevant topic for discussion with the group (e.g. health, safety or emotional topics), and makes sure everyone knows the basic ground rules for the group, e.g. everyone should have a chance to contribute to the discussion, no-one passes judgment on other people's opinions, etc.

The facilitator discusses the specific topic with the participants, providing an opportunity for participants to share feelings and emotions about situations they have experienced.

3. Adaptations

Not needed.

4. Evaluation / Debriefing

This is the evaluation/debriefing exercise.



Supported by the European State Lotteries and Toto Association

Co-funded by the Erasmus+ Programme of the European Union



caritas akademie
www.caritasakademie.at



Riksidrottsförbundet

