



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



Category

Increasing efficacy



Duration

30 minutes



Material

Chairs



Group Size

20



Aim

Give participants feelings of confidence



Age

8+



Source

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

Create Order

1. Information

This exercise helps to promote self-efficacy, the belief in one's ability to act in a way that improves one's situation. It also strongly support teamwork and discussions and support within the groups. Through such exercises, participants are encouraged to challenge themselves and, in return, discover new skills, abilities and self-esteem.

2. Description

Create a circle with as many chairs as there are participants. The chairs should be placed carefully - participants should be able to move from one chair to another without touching the floor, but this should only be possible with the help of another person. Ask the participants to stand on the chairs. Explain that the goal of the game is to end up standing in alphabetic order by their first name (or height, or age, etc.).

3. Adaptations

4. Evaluation / Debriefing

Follow-up by talking about what it was like to be in physical contact with each other and about the communication in the group. If physical contact is not appropriate in a group, the exercise can be done without chairs



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