



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

Reflective exercise “Chairs”



Playing field 3

Emotions & irritations



Duration

45 minutes



Material

Paper, pens, balls



Group Size

15+



Aim

To promote acceptance of emotions and understanding of our own tolerant, behavioural mechanisms



Age

16+



Source

Qualification measure
"Fit for Diversity" of "Integration
through Sport
programme"/DOSB www.integration.dosb.de

1. Information

Emotions are normal, vital and important. Emotions help us to define ourselves. Reflection on emotions helps to prevent the judgments we may arrive at as a consequence of our emotions. This exercise teaches us to control emotions and to go into a dialogue even in uncomfortable and unknown situations.

2. Description

The facilitator divides the group into three unequal, groups. To achieve the maximum effect one group can consist of one single person. Each of the groups is given a task, on a piece of paper, involving balls. E.g.

1. The first group has to lay down all the balls in a line
2. The second group has to lay down all the balls outside of the sports hall
3. The third group has to lay down all the balls close to the windows.

All the tasks are different but they all have a common solution, namely a line of balls outside the sports hall, close to the windows. (The tasks and objects can vary depending on the available circumstances).

The only important rule during the exercise is that the participants are not allowed to speak to each other while fulfilling the task, but can communicate in any other way.

3. Adaptations



Supported by the European
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4. Evaluation / Debriefing

At the end of the session, the facilitator should seek feedback from the group on what they found.

Key points to highlight include:

- During the exercise, the participants will have dealt with different emotions, potentially including frustration and anger. The single person, especially, will have the most intense emotions.
- At the same time the exercise shows that emotions are not everything. Despite frustration a common solution and dialogue are possible even if those involved don't speak the same language.



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