



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



Playing field 4

Communication,
connectedness, safety



Duration

15 minutes



Material

None



Group Size

5+



Aim

Raise connectedness
and positive atmosphere,
learn to communicate in a positive way.



Age

8+



Source

KlasCement Educational Resources Network

Minor-Ndako

Proactive circle

1. Information

A proactive circle is used before problems arise. It's never used for dealing with problems.

A proactive circle can be used to create a positive atmosphere in your group. To bring your group closer together. It's a group conversation where everyone learns to listen and learns to speak in a positive way. Every player gets his turn to say what he thinks or feels.

You can use the proactive circle at the beginning of the season or before the start of a training (e.g. to reflect on what happened last match), etc.

2. Description

The facilitator and the participants are sitting in a circle. Everyone has an equal position (on the ground, on a chair, etc.). Everyone gets equal attention and equal time. Safety and confidence is created by the fact that everyone can see each other (no one can hide) and that the conversation follows certain rules/principles.

Tasks of the moderator:

- o Start with an energizer
- o Explain and guard the rules:
- o Everyone gets his turn (don't interrupt the speaker)
- o Talk in the "I" form
- o Use positive (body) language
- o Everyone has the right to have his own opinion
- o No feedback on feedback
- o You can skip your turn
- o You can leave the inner circle to go to the outer circle
- o What has been said in the circle stays in the circle
- o Introduce topic of group conversation and ask who wants to start
- o Thank each player after his contribution
- o Give a chance to players who passed to still say something afterwards.



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3. Adaptations

4. Evaluation / Debriefing.

The facilitator thanks the players for their contribution at the end of the group conversation.

The facilitator never gives feedback on the input of the players! He only guards the rules.



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