



Call2Nature

“Disconnected” Activity: *Sense Inclusiveness - The Ball Game*

PROJECT REFERENCE NUMBER:
2022-1-IT03-KA220-YOU-000085032



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Competence Area	4) Act for sustainability		
Topic	23. Inclusive online campaigning		
Transversal competence(s)	☐ TEAMWORK ☐ CRITICAL THINKING	☐ EMPATHY & RESPECT ☐ SUSTAINABLE DEVELOPMENT GOALS	☐ SENSE OF INITIATIVE ☐ LEADERSHIP
Name of the activity	<i>Sense Inclusiveness – The Ball Game</i>		
Learning Outcomes	To start reflecting about the topic of cultural norms, inclusiveness and exclusion.		
Duration	~ 45 minutes (incl. instructions and forming groups etc.)		
Recommended group size	-		
Method(s) Used	• Experiential Learning • Project-Based Learning • Dialogue and Discussion • Arts and Creativity • Community Engagement		



Step By Step Description

Step 1. Establishing cultures

~ 10-15 minutes

The facilitator has the participants all stand in 3- 7 circles. Each participant has two balls.

The facilitator asks the groups to;

1. Stand still in each circle in complete silence and make eye contact with each other.
2. She then tells that when she starts the music, they should start passing the balls to each other in silence creating a pattern / a dance while keeping the circle – the circle should not be broken.

After 5 minutes or when the groups seem to have establish a pattern / dance the facilitators stops the music. While standing in the groups she asks what is happening. Usually, each group have distinct patterns, some of the patterns are complicated while some are more simple – notice this.

The facilitator nudges the participants to see these different patterns and open up for the question of how the patterns were established. Was there a leader in the group? Was there a struggle for power?

The facilitators nudges the group by introducing the concept of culture / comparing each group to different cultures / nations.

Step 2. Experiencing inclusion / exclusion

~ 15 minutes

The music is continued; the groups are asked to continue their established patterns / dance.



When the groups have established their patterns again, still in strict silence the facilitator tries to disrupt the cultural patterns by e.g.

- Moving one participant to the middle of the circle
- Turning a participant to face outwards.
- Tie a participant's arm behind their backs.
- Blindfold a participant.
- Set a participant sitting on the floor just outside the circle.

Step 3. Debriefing

~ 10-15 minutes

The groups are asked to sit on the ground, each group tells of their experiences.

The people who were handicapped by the facilitator tell how they felt. Did they feel that their circle / culture tried to include them or where they marginalized/ set outside / placed in position where they could not participate?

The rest of the group are asked how they felt. Did the group establish a consensus of what was importance i.e., was focus was on including all the members of the circle, changing the patterns / dance to fit everyone or was the priority on keeping the established pattern / dance going.

They can discuss how/if they experienced a shift in dynamics. Perhaps they felt that the other team players didn't live up to their expectations/noticed that others were either more or less helpful/resourceful in supporting others? Is this something they then would address in e.g. workplace/school? Or since the topic is Online Campaigning; how can this be applied in online campaigning?)

Did the patterns rhythm / degree of complication have an effect on the choice?



	The facilitator writes key words up and a sheet and the very end of the session the groups coin their groups cultures – were they inclusive – how could they have been more inclusive. The game can end there or can be taken to a deeper level where the facilitator can probe with deeper inquiry questions e.g. Can a culture ever be 100 % inclusive? If not, how do we best look after each other? Draw parallels to physical world by discussing how/if some of their experiences can be applied to other situations
Required Materials	2 x small balls for each participant (preferably bean balls which don't bounce) Music – 15 minutes medium tempo A blindfold 2 x short ropes to tie a person's arms behind their backs Markers and sheet of poster paper
Learning Setting	• Outdoors • Conference Room • Classroom (The important aspect is that there has to be enough space for 5-12 participants to stand in 2 – 5 circles)
Activity Evaluation/ Reflection	The evaluation is an integrated part of the activity.

**Useful
Resources
(not
mandatory)**

Ex. videos, websites, tools etc



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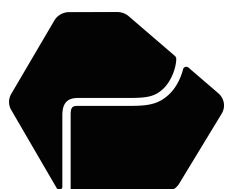
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