



DIVERSITY AND DIALOGUE - COMMUNICATION EXERCISE: What are we talking about? – trainer guidelines

Purpose

To introduce the idea that a word can mean many different things to different people.

Objective

By introducing the physical action of catching the ball, the delegate is less likely to 'overthink' their response and therefore offer spontaneous responses. By listening to other responses, realise first hand that a 'straight forward' word can result in a wide variety of interpretations

What You Need

- A ball
- Enough space to safely undertake the exercise

Method

- Put participants in a circle with enough distance between them to enable the ball to be thrown.
- Advise that you are going to say a word and throw the ball to one of them and that when they catch the ball they should say, very briefly, what the word means to them.
- When the ball comes back to you, choose another word and start the cycle over again

Examples of words to use: religion, paradise, conflict, food, family, women, men, rules, manager, holiday etc.

Discussion: no real need for discussion as the participants will experience the variety of responses as the exercise is undertaken

Timing: 10 minutes

