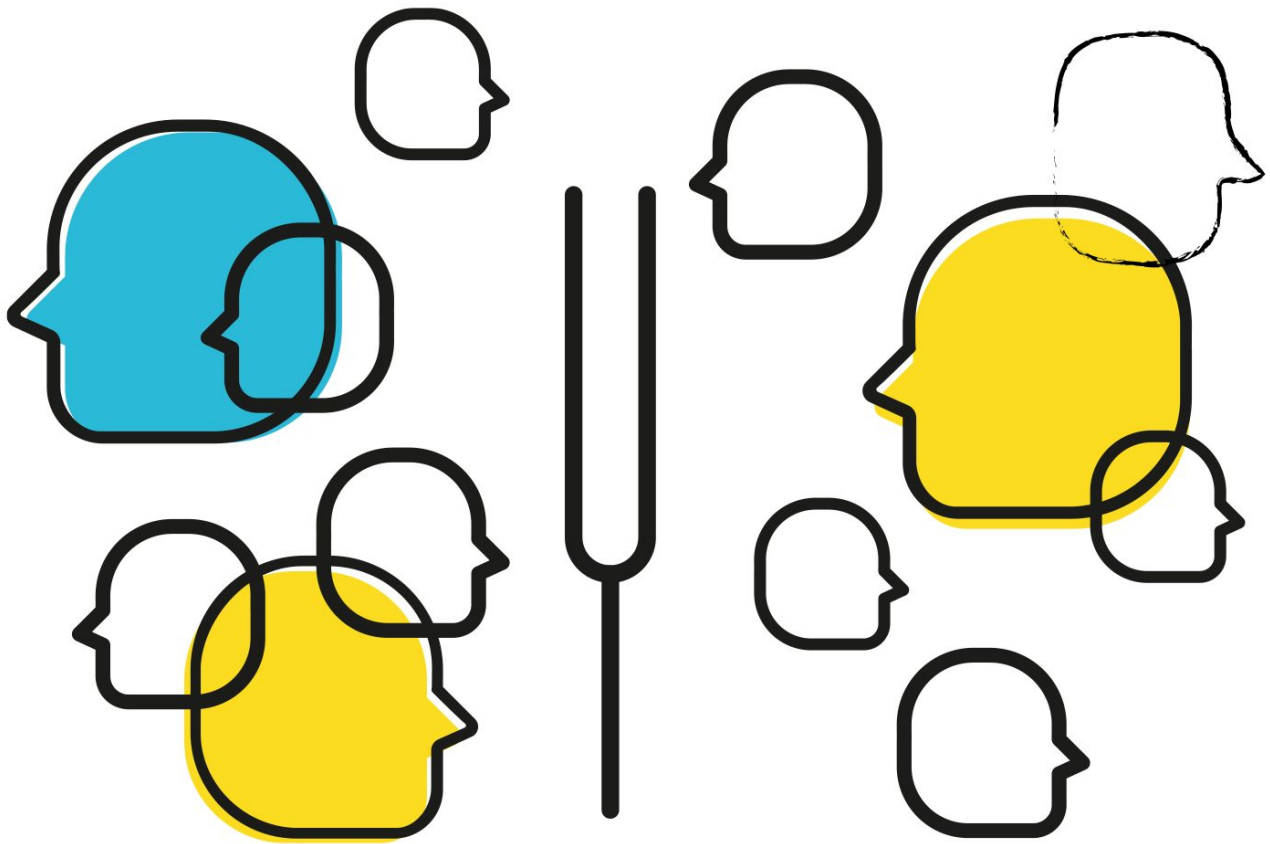


TIMEOUT



**ACTIVITIES BEFORE A
TIMEOUT DIALOGUE**

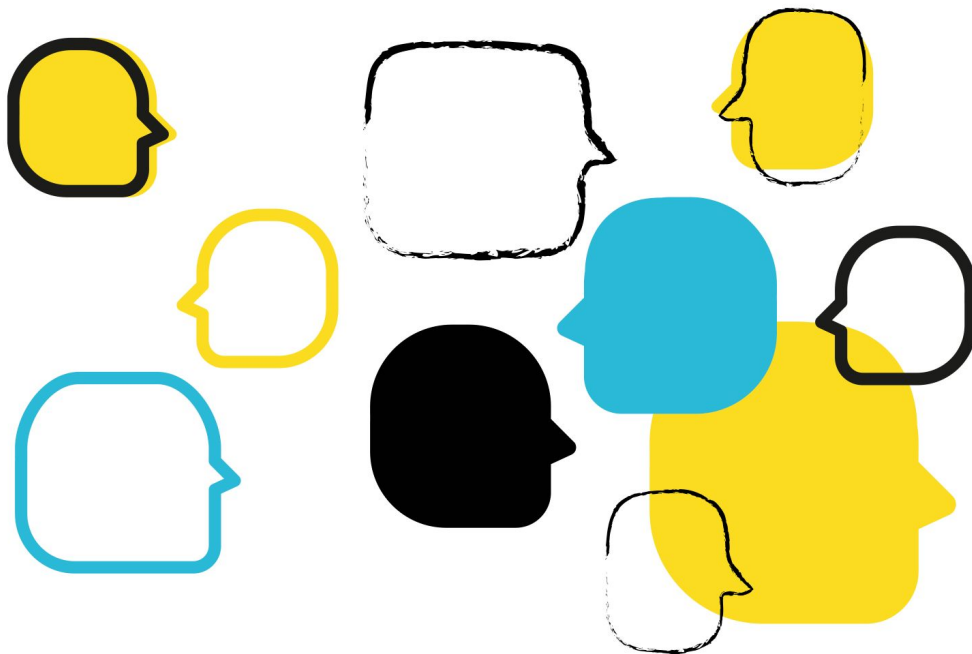
To break the ice:

Let's learn each other's names

Duration: about 5 minutes

Note: *Works especially well if participants do not know each other beforehand*

- II Introduce yourself by first name. Also tell about something you like, but add a movement
- II The next person should remember and introduce the previous person and themselves
- II Alternatively, the whole group can repeat the name and movement after the introduction



Am I the only one?

Duration: 10-15 minutes

Note: Give everyday examples to the group and make sure that the game does not become a comparison or a competition. You can also turn the game around: find something that unites you and the rest of the group.

- II We get to know the other participants in the group and highlight their different characteristics by taking turns to tell something about themselves.
- II Participants sit on chairs in a circle. The discussion leader starts by standing up and sharing something about him/herself: a characteristic or experience that he/she believes is unique to him/her. For example: "Am I the only one who woke up this morning and turned on the radio?" If someone else also turned on the radio this morning, that person stands up and everyone who stands up greets each other with a nod. The game continues until a characteristic unique to the questioner is found. In this way, we go through each participant until everyone has found some characteristic, activity or other that is unique to them.
- II If any of the participants have difficulty coming up with something unique to them, you can help by asking follow-up questions.
 - Favorite food or drink? What did you do last night / last summer?
- II If you want to go over the game with the group afterwards, you can use the following questions to help:
 - Was it difficult to think of something unique about yourself?
 - Were you surprised by the variety of characteristics and things the group found?
 - Did the exercise reveal new sides of already familiar friends?

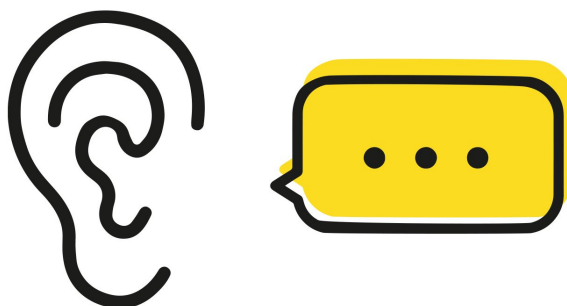
Practicing listening

Two truths and a lie

Duration: about 10 minutes

Note: *If your group needs encouragement, you can help them with examples like: How many family members do you have? Where do you come from? What are your hobbies? Do you have pets? What is your favorite food / season / subject?*

- ❑ The group is divided into pairs
- ❑ Tell each other three things about yourself, two of them true and one of them false
- ❑ The other person has to find out which one is false by asking three questions (no more and no less)
 - At this point, the person is still allowed to lie, and it is up to the other person to judge which answer sounds the least likely
- ❑ Finally, the pairs introduce themselves to the other participants and tell what they have found out about the other person (the parts that are true)



Only the other can speak

Duration: about 5 min

Accessories: timer/stopwatch

Note: *Can be used as an exercise for pair conversations, for example a week before the actual dialogue. The topics can be very mundane and you can easily give more than one choice. You can also choose an imaginary topic to avoid comparisons.*

- II Be in pairs, in two rows, facing each other, sitting or standing.
- II One row at a time speaks and the other row listens
- II One person's task is to tell their pair about one of the topics listed below.
- II The other person's task is to not comment or interrupt, but to show by gestures that they are listening.
- II You have 2 minutes - it is advisable to keep track of time using a stopwatch
- II Once the first person has spoken, it's the other's turn
- II Finish by sharing how it felt to listen to the other person without saying anything and how it felt to talk without being interrupted.
- II The topic can be anything, for example:
 - What does a perfect day look like?
 - How was your journey here today?
 - What do you like to do in your free time?
 - What is your favorite season and why?
 - What movie/animal would you like to be and why?
 - i.e. very concrete and accessible things

To talk about things

Duration: about 20-30 minutes

Note: *You can also choose to make the parts separately or just some of them, depending on the group and the time you have at your disposal.*

Accessories: *Three everyday objects. It can be a pencil, a plant, a candy or a water bottle. Something simple and light.*

Part I, 10 min

- II Make sure that everyone in the group has a pair. The pair can stay the same throughout the game.
- II Put an object in the center of the room on the floor.
- II Ask everyone to think of a pleasant experience from their own life that relates to the object on the floor. Do not discuss yet. For example:
 - When have you used that item? On what occasion was it? What happened to it? Why is the object important to you?
 - Where have you seen this object before? What happened then? Who was with you? What other things did you see around you? Why is this object important to you?
- II Ask the pairs to share their experience of the object with each other, sitting or standing with their backs to each other, so that they cannot see each other (3-5 min)
- II Put the next object on the floor and ask participants again to think of an experience related to the object. Use simple questions.
- II Ask the pairs to share their experience of the object, with the other person a few meters away and facing backwards (3-5 min)
- II Put a third object on the floor and again ask participants to think of an experience related to the object. Use example questions listed above.
- II Ask the pairs to share their experiences with each other so that they are very close and face to face (3-5 min)

Part 2, 5-15 min

- ⏸ Stand up and form a circle with the whole group
- ⏸ Ask everyone to think of one nice thing that happened to them earlier today or during the week. Do not discuss yet.
- ⏸ Ask everyone to share their experiences at the same time (Yes, everyone talks on top of each other)
 - If you want, you can create a game by asking the participants: “Sorry, I didn't hear what you said, can you repeat / say it a little louder / say it a little clearer / say it a little slower / say it a little more quietly / say it a little faster” etc.
- ⏸ Then ask everyone to share their own pleasant experience one by one so that everyone has a chance to share their experience and be heard. If someone is shy and doesn't want to participate, that's okay too.

Part 3, 5 min

- ⏸ Ask everyone what felt like a difficult way
 - To have a conversation
 - To be heard
 - To support others in being heard
- ⏸ Ask everyone what felt like a good way
 - To have a conversation
 - To be heard
 - To support others in being heard

