

Workshop Name: Draw and tell**Team members:**

George, Emilis, Jonas, Yevheniia, Adelina

Goal and Objective:

Aim: The goal of the activity is to emphasize and understand that people may understand your instructions or wants and needs differently than you expect. It is important to be clear in your communication.

Goal of the activity: To make another person draw something that you feel connected to and then tell a personal story about it

Objective:

- Help young people connect with each other through drawing and storytelling;
- Train communication and listening skills;
- Provide non-formal education activities to young people.

Target group: 16-18 years old

Summary of energizer:

The energizer is called Jump in and Jump Out. The participants will follow the facilitator's instructions. The aim is to connect participants to each other and to help them feel free and relaxed.

Materials needed: paper, pens, timer, chairs.

Step by Step of energizer:

Participants are arranged in a circle. The facilitator explains the rules and gives instructions. The energizer will take place in two stages

First stage:

When the facilitator says "jump in," participants jump forward.

When the facilitator says "jump out," everyone jumps backward.

When the facilitator says "right," everyone jumps to the right.

When the facilitator says "left," everyone jumps to the left.

Second stage:

The facilitator gives the same instructions, but participants must do the opposite. For example, when the facilitator says "right," participants jump to the left.

Step by step of main activity:

Timeline:

2-3 min: Greetings and explanation of what communication is and why the communication skills are important.

17 min: Main Activity

3 min: Giving instructions :

1. All participants find a pair

2. Each pair has a topic - think of smth that is connected to your childhood, an object you hate, an object you can't live without, smth that reminds of the best period of your life

**remind them to draw smth easy*

3. Person A gives simple instructions to the person B (like draw a line, put a dot) , Person B is silent and just follows instructions | 5 min

4. Person B shares why did he/she choose the topic | 3 min

5. Then they switch roles

Reflection/Debriefing questions: *At least 3 questions you would ask the group after the activity is complete, so they could reflect on it.*

How did you feel when drawing: 1- when you gave instructions versus how it was when you were given instructions? What was easier: 1-only hearing instructions or 2- explaining?

Was your goal to draw perfectly or to get to know each other? Did you get the right drawing?

When you could talk, did you feel connected in all ways (sight, hearing, touching)?

Why did you choose that specific object to draw ?

Is communication only based on words/only hearing/only seeing? Which matters more to you?

Team roles

Timekeeper - Jonas

Facilitator - Emilis

Logistic - Gheorghe

Journaling - Yevheniia, Adelina, Gheorge

Opening- Yevheniia

Closing - Adelina