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ARCA
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BLUES



The Games We Play

Methods and Games

CREATED BY:

PARTICIPANTS, TRAINERS AND ORGANIZERS OF THE TRAINING COURSE "THE GAMES WE PLAY".

EDITED BY:

ANTONIO GRECO

ALL THE PICTURES WERE TAKEN DURING THE TRAINING OR FOLLOW UP ACTIVITIES ORGANIZED AFTER IT.

ALL THE PEOPLE WHO APPEAR ON THE PICTURES WERE PARTICIPATING EITHER IN THE TRAINING OR IN THE FOLLOW-UP ACTIVITIES IMPLEMENTED BY THE PARTICIPANTS.

2021. L'Arca del Blues NGO

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INTRODUCTION



This booklet contains methods and games which were introduced by the trainers and facilitators of the Training Course "The Games We Play" and then applied by the new trainers in their follow-up activities and daily work.

We publish them as recognition of the learning and work made by the new trainers and as support for more youth workers to create meaningful learning experiences for the people they work with.

In the following pages we will present the activities implemented by the new trainers, with reference to the tools, games and methods introduced during the Training Course "The Games We Play".

The activities included are for bigger and smaller groups, outdoors and indoors, for younger and older audiences.

What connects them is that they all combine learning through experience, games elements and reflection.

You are of course more than welcome to leave us a feedback, and we will be happy to support you with even more ideas.



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ABOUT THE PROJECT

The "Games We Play" Training course was implemented in Lecce from 30th September 2021 till 7th October 2021 at "Hotel Zenit".

The Training course involved 24 youth workers and leaders from Italy, Croatia, Spain, Bulgaria and Romania working on the topic of group facilitation and trainership with the addition of gamification elements.

Using a mix of non-formal methods, theoretical elements, role playing and simulation, presentations and more, we went together on a journey that allowed us to build up a set of games, methods and tools that can be replicated in different contexts, situations and ways.



ORGANIZERS & PARTNERS



The project is co-funded by the ERASMUS+ through Agenzia Nazionale per i Giovani



LIE TO ME

Energizer

Purpose: Get to know each other, start building bonds and raise energy

Number of people involved: 15

Starting: in circle

Instructions: Participants had to write down one false and two true facts about themselves not showing to others at beginning. Randomly one participant after the other shows one by one what they wrote on the papers, the rest of the group had to guess if what was written was true or false in short amount of time given by the facilitator

Reflection: In circle, the facilitator asks questions like "What happened", "How did you decide if what's written was true or false", "What worked and what did not?" bringing then to discussion.

Reference Methods from The Games We Play Training:

Tutorial, Narrative, Working under time pressure

Implemented by
Krešimira Žužić



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MEMORY

Name Game/Team-Building

Purpose: Practicing memory, working as a team, communication within the team.

Number of people involved: 18

Starting: in circle.

Instructions: Starting in circle, the first participant chooses a way to show his/her name to the group, it can be a movement, a gesture, a sound then he/she says his/her name outloud. The next person in the group has to repeat what was done by the previous participants, repeat the name and add his/her own gesture/movement/sound and say his/her name. It goes on until the last person has recapped the whole round.

Reflection: The method of language exploration then involving the transmission and reception of information orally, as well as a knowledge of the other through the mode of expression and lexicon used.

Reference Methods from the B.T.T. Training:
Communication styles, VAK learning styles

Implemented by
Mihaela-Roxana Munteanu



THEATRE PEDAGOGY

Workshop

Purpose: Promoting body awareness and self-perception

Number of people involved: ~ 20

The Process: It's necessary to prepare the space and ask participants to get comfortable clothes. The workshop is divided in 3 parts:

1. Proprioception: focusing on body perception standing, first with open eyes then closed eye.
2. Walking: keeping the focus on own body, ask participants to walk at different speeds, using music as reference then switching it off.
3. "Blind-sighted" game in pairs, after demonstration.

In rounds, one person leads the other, who is with closed eyes, calling the person by name. This method is inspired by the dramaturgical game technique "Colombian hypnosis" from Augusto Boal's "theater of the oppressed".

4. Reflection part.

Reflection: Sharing in circle graphic and artistic feedback expressing feelings by drawing.

Reference Methods from the B.T.T. Training:

how to give and receive feedback, preparation of the working space, group challenges.

Implemented by
Athena D'Orazio
Flavio Mandolini



MUSICAL CHAIRS

Energizers

Purpose: Increase energy level, stimulate body mind coordination

Number of people involved: 18

The process:

After preparing a circle made with chairs, making sure that there is at least one chair less than the number of participants involved in a indoor or outdoor space, participants are asked to start walking around the chairs following music. Gradually a number of additional challenges are added such extra movements, higher speed etc... when the music stops everyone has to find a sit. The ones left standing are out of the game. The game keeps going until there is only one winner.

Reflection: mountains speaks themselves - there is no conversation after the activity, only experience.

Reference Methods from the B.T.T. Training:

On-boarding / Tutorials, Feedback, Competition and challenges

Implemented by
Maja Miladinović

FARMERS & POTATOES

Energizer/Problem Solving

Purpose: Rise energy level, support the group to bond and think strategically

Number of people involved: 15

The Process: The activity is better done in a open space. It's necessary to defined a playing field with clear limits and set lines.

The group is split in 2 smaller groups. One team is the team of the potatoes, one team is the team of the farmers. After a framing of the story the 2 groups have a short time to define a strategy. The potatoes have the goal to escape the farm, the farmers have the goal to keep the potatoes inside the farm. Time by time stop the game and give some extra time to strategize. When a potato gets caught is taken on the side of the farmers field, the other potatoes have the additional task to rescue their team mates.

Reflection: In circle, the facilitator asks questions like "What happened", "How did you choose the strategy", "What worked and what did not?" bringing then to discussion.

Reference Methods from The Games We Play Training:

Framing and Breafing, Story telling, Role playing.

Implemented by
Yulia Torbarova
Irene Suárez Macías
Maja Miladinović



GAME OF CULTURES

Workshop/Board Game

Purpose: Rise cultural awareness through games, increase creativity

Number of people involved: ~ 20

The Process: It starts with preparation of a board with a path to follow, different colored cards, cultural questions, unexpected situations, challenges and rewards. Also papers, colorful pencils and dices are needed. Each participant creates a little avatar to move on the board. The game works as board game, each participant throws dices and moves on the board accordingly. Each step of the board contains a question, unexpected situation, challenges. Participants are asked to work them out using mimics, drawing, describing a word without saying the exact word. The aim is to get as many cards as possible, always having at least one of each colour.

Reflection: Speak for the experience

Reference Methods from The Games We Play Training:

Framing and Breafing, Points, Challenges/quests, Collaboration, Fun

Implemented by
Ariadna Puig Balcells
Fiona O'Neill
Irene Suárez Macías

THE SPAGHETTI TOWER

Team Building/Problem Solving

Purpose: team building, cooperation and strategic thinking.

Number of people involved: 20

The Process: Starting by dividing the group in smaller teams of same number of people. Giving materials to each group. Each team has a short amount of time to strategize. Once the time is over they have to build the highest tower possible with the material they received without adding anything nor breaking any of the material received. As an addition a marshmallow can be put on top of the tower.

Reflection: Open sharing with questions and speak for the experience

Reference Methods from The Games We Play Training:
how to give and receive feedback, communication styles, cooperation, competition and challenges.

Implemented by
Ana Isabel Sánchez Rivas



BACK TO BACK DRAWING

Team Building

Purpose: Team work, increase communication in foreign languages

Number of people involved: ~ 20

The Process: Participants are asked to sit in pairs back to back. They can use only a paper/notebook and a pen. The facilitator gives a piece of paper to each participant indicating an object/person/place etc... these are the elements that have to be described to the other member of the pair without showing it. In round first one member of the pair starts describing what he/she received and the other person has to draw it according to what he/she hears. After a certain amount of time the roles are inverted.

Reflection: Open sharing with questions and speak for the experience

Reference Methods from The Games We Play Training:
V-A-K learning theory, voice modulation, communication styles

Implemented by
Fabian Cristea

THE EMPTY JAG

Team Building

Purpose: strengthening bonds in a team, cooperation

Number of people involved: 20

The Process: The process is better done in an open space. The group is divided in smaller teams. Each team has a short time to choose a leader. Only the leader can give instructions during the execution of the tasks. Each team has laces, a bottle of water an empty cup and a empty jag. The purpose of the activity is to fill the jag using the cup and the laces without touching with hands neither the cup nor the jag. Only the leader can refill the cup with the water from the bottle. Only the leader can talk and give instructions. Before to start with the execution each team has a short time to strategize and define the roles. Define a timing for the execution. The team are in the same space so they can see each other.

Reflection: Open sharing, speak for the experience, guided questions about communication and roles.

Reference Methods from The Games We Play Training:

Communication styles, group dynamics model

Implemented by
Irene Suárez Macías





THE 100\$ RACE

Workshop

Purpose: working on the topic of social inclusion and discrimination, raising awareness of the opportunities we have in life & about discrimination that is happening around us.

Number of people involved: 20

The Process: The first part of the process consists in the creation of a character. Each character has specific characteristics, background story. The characters are kept secret. Second part consists in a silent walk supporting the embodiment of the character. Third step if the head start for the race, it consists in a series of questions asked by the facilitator. If the answer is positive the participant moves one step ahead, if not it stays at the same spot. At the end, keeping the position the facilitator invites the participants to observe the positioning and start with the reflection and feedback part.

Reflection: Q&A - What do you think the goal of the activity was? What did you feel / think while playing? Have you seen examples like this in your community? etc.

Reference Methods from The Games We Play Training:

How to give and receive feedback, preparation of the working space, Role Playing.

Implemented by
Roxana Morariu

FOLLOW FLATH

Workshop

Purpose: Presenting and discussing on non-formal education, Erasmus+ program, gamification, Icebreaker, cooperation, visual contents.

Number of people involved: 6

The Process: The workshop was mainly about sharing the whole experience about the training course "The Games We Play" using theories, methods and games we created during the training itself.

Reference Methods from The Games We Play Training:

Preparation of the working space, group dynamics model, feedback model, Johary window model, comfort zone model

Implemented by
Athen D'Orazio
Flavio Mandolini



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Sth FROM THE PAST

Team Building

Purpose: team building and cooperation activity

Number of people involved: 24

The Process: The first step is to split the group in smaller ones of the same number of people. Each group receives a list of objects. The facilitator frames the story around the objects and the scenario (describing a surreal situation with object taken from ages ago). The purpose of the activity is that each group chooses only one of these objects that they can keep with them.

Reflection: Feedbacks and discussion about the process. Questions: "how did you decide?" "which role did you have?" etc....

Reference Methods from The Games We Play Training:

Framing, briefing and debriefing techniques, non verbal communication elements.

Implemented by
Ofelia Oana Panainte

SDG WEB

Workshop

Purpose: Exploring the UNs sustainable development goals (SDGs) Showcasing the interconnectedness of the SDGs and highlighting the need to respect others opinions, the need to work together towards common goals, and to critically reflect on their role as global citizens

Number of people involved: 8

The Process: 1. Welcoming everybody to space

2. Asking group to brainstorm main problems they see in the world today, thinking both locally and globally.

3. Show group UNs 17 sustainable development goals and compare to brainstorm. Did the group miss something? Did they add something that is not on the official list? Discuss as group

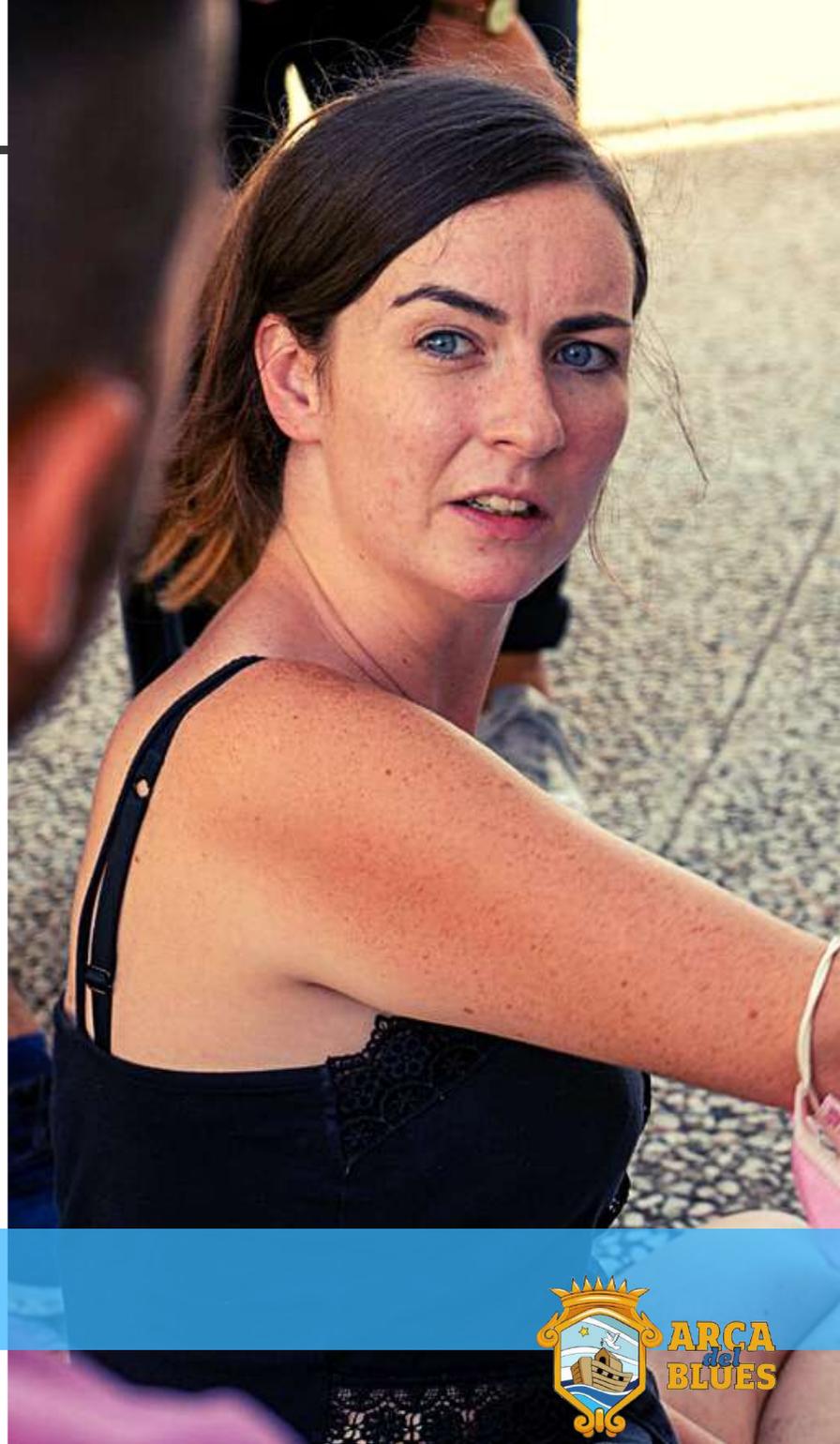
4. Give each participant an SDG card and time to read the info on the back. Explain that the goal of the exercise is to convince the group that your SDG is the most important.

5. Ask participants with SDGs 1-4 to stand in the four corners of the room. Each participant has one minute to convince the group why their SDG is the most important. After each person has spoken ask them to stick their SDG card on the wall and sit down.

6. Repeat steps 2 and 3 for the rest of the SDGs until you reach the end. By now you should have SDG cards all around the room.

7. Participants may not stand in front of the SDG they think is most important.

8. Take feedback on participant's choices.



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SDG WEB

Workshop

9. Ask participants to form a circle, bringing their SDG card, and give the participant whose goal has the most votes a ball.
10. The participant with the ball has to their the ball to another person and shout out a connection between their SDGs. Eg. The first person has 'Gender Equality' and passes to the person holding 'Quality Education'. The connection could be providing access to education for more girls.
11. If a person can't think of a connection or can't answer quickly enough they're 'out'.
12. Play until you have a winner.
13. Close by asking participant's if their views on the SDGs changed and discuss how am are interconnected, highlighting the importance of the last goal 'strong partnerships'.

Reflection: using the 3 questions "What worked", "What didn't work", "What can be changed in future", Feedback from participants throughout. Asking group to reflect on their feelings before/after game.

Reference Methods from The Games We Play Training:

Preparation of the working space, Circle of experiential learning, Moving debate (moving around to vote for just important SDG) and hot potato/throwing ball in circle

Implemented by
Fiona O'Neill



WRITING AND CREATIVE THINKING

Online Workshop

Purpose: Rise imagination and creative thinking, starting from the way our expectations correspond or not with reality using digital tools.

Number of people involved: 10

The Process: In a "Jamboard" page are inserted 5 post-items: one with a first name, one with the denomination of a place (city, village, country etc.), one with a verb, one with a point in time, one with the enunciation of a critical situation (earthquake, accident, loss of aircraft, etc.). Participants will have to construct a story orally and spontaneously, using the words written on the post-it notes. The facilitator also participates in the game, guiding the construction of the story in an unexpected way. For example, if the name "Maria" is written on one of the post-its notes, the facilitator, when it will be his turn, he will use the word "Maria" not as a person's name, but as the name of a coffer, an animal, a hospital etc., so as to deceive the participants' expectations regarding the way in which the text will be constructed starting from the 5 words or phrases written on post-it notes. After the text has been constructed, each participant will be asked if the result of the creation exercise corresponded to their expectations about how the text can be created. Starting from the result of the moment of reflection, the facilitator will start a discussion about how our expectations correspond to reality.



WRITING AND CREATIVE THINKING

Online Workshop

After this discussion, each participant will have at their disposal a "Jamboard" page in which to create a mental map in the center of which will be a significant image for his personality, and around there will be images / photos / drawings with the most important elements. / events of his life, accompanied by short texts presenting the respective images. At the end, each participant will describe their mental map.

Reflection: After the text has been constructed, each participant will be asked if the result of the creation exercise corresponded to their expectations about how the text can be created. Starting from the result of the moment of reflection, we will start a discussion about how our expectations correspond to reality.

Reference Methods from The Games We Play Training:

The whole activity is a game, structured using several elements of a gamified process.

Implemented by
Mihaela-Roxana Munteanu



De mica am avut o legatura cu Craciunul si mereu sunt incantata cand e vorba de Craciun.



Muntele mi se pare locul cel mai linistit, cu multa pace si mult aer curat/liber. Aerul

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THE BLACK QUEEN

Workshop

Purpose: Develop strategic skills, support observation and and focus

Number of people involved: 15

The Process: in rounds one member of the group is the "queen" who turns her back, all the other participants moves on a starting line far enough from the queen to hear her say those magic words "Black Queen one-two-three" after which she turns to the rest of the group . The words can be uttered at different paces due to the surprise factor, and the goal of the game is, while the queen has her back turned, to run as close as possible, in a way that the queen does not notice any movement either.

The first participant who first touches the queen's back while she is turned, becomes the new queen.

Reflection: Debriefing the experience - participants were expressing their thoughts and feelings about the game

Reference Methods from The Games We Play Training:

Strategic thinking, challenges and downgrades, cooperation

Implemented by
Maja Miladinović
Krešimira Zuzić



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DOUBLE, DOUBLE TOIL AND TROUBLE

Company Event

Purpose: Team building, socialization, reconnection, networking in a company environment.

Number of people involved: ~45

The Process: The event consisted in a Costume contest at first, a series of games and board games, a "pumpkins slaughtering", and a photo booth.

Reflection: We gathered feedback from participants and we shared it with each other, with the management team and with our employee experience committee.

Reference Methods from The Games We Play Training:

Storytelling (we were gathering The Horde in The Nest (one of our Work Cafes) to plan the invasion of the Business Center)

Points - the evaluation of the costumes was done by all the passengers - each received 3 points, each for one category of the votes

Lottery - we had some extra prizes to offer in a raffle

Implemented by
Roxana Morariu





Big thanks to everyone involved for the contribution to the project and to this booklet. Feedbacks and comments are always welcome!

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