



CIVITAS ATHLETICA
MENS SANA IN CORPORE SANO



TIMELESS GAMES

2024-1-EL02-KA152-YOU-000214068

Inclusion Playbook: Traditional Games for Everyone



Table of Contents

Introduction.....	3
<i>The Story Maypole.....</i>	<i>4</i>
<i>The Bridge of Stories.....</i>	<i>7</i>
<i>The Apples of Trust.....</i>	<i>9</i>
<i>Walk a Mile in my Disability.....</i>	<i>11</i>
<i>Lelo Burti.....</i>	<i>14</i>
<i>The Cranes are flying-Where?-Far-How Many?.....</i>	<i>16</i>
<i>Circle of Kindness: The Seller's Gift.....</i>	<i>18</i>
<i>Handkerchief Quest: The Fair Play Chase.....</i>	<i>20</i>
<i>Odbojka Reflex Arena.....</i>	<i>22</i>
<i>Day and Night: The Reflex Challenge Circle.....</i>	<i>25</i>
<i>Circel of Courage: The Baringa Way.....</i>	<i>27</i>
Epilogue.....	30



Introduction

“Inclusion Playbook: Traditional Games for Everyone” presents a carefully curated collection of traditional games originating from the countries of **Greece, Georgia, Türkiye, and North Macedonia**. Each game has been thoughtfully adapted to acquire the characteristics of an inclusive activity, enabling its implementation across diverse social groups, with no barriers to participation. The adaptations aim to ensure that all individuals — regardless of physical ability, cognitive profile, cultural background, or socio-economic status — can engage meaningfully and enjoyably in every activity.

This playbook embodies an approach where the **timeless cultural value of traditional play meets modern principles of social inclusion**, providing facilitators with practical tools for fostering environments that support equity, participation, and intercultural understanding.

The development of this resource was undertaken by the **organization Civitas Athletica**, within the context of the **Erasmus+ Programme**, through the implementation of the **project titled “Timeless Games”**. Through this initiative, **Civitas Athletica** has produced a functional, engaging, and accessible deliverable, intended **to serve as a tool for promoting inclusion and integration** among young people of all backgrounds.

Among the games featured in this collection is **“Walk a Mile in my Disability”**, an **original creation of Avgousta Akritidi and Ifigeneia Akritidi, President and Facilitator of Civitas Athletica, respectively**. This game exemplifies the project’s vision by offering a **dynamic and experiential approach to cultivating empathy and raising awareness** around the lived experiences of individuals with disabilities.

Civitas Athletica extends its sincere appreciation to the **Erasmus+/YOUTH Programme** and to the **National Agency of the Programme in Greece, INEDIVIM**, for providing the valuable opportunity to implement the **“Timeless Games”** project and to contribute to the broader effort of **advancing inclusive practices** through the medium of traditional play.

It is the aspiration of **Civitas Athletica** that this playbook will serve as an **inspiration and practical resource** for trainers, educators, youth workers, and community leaders across Europe and beyond — enabling them to employ traditional games as a living bridge toward inclusion, empathy, and intercultural dialogue.

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Game Objectives

- Strengthen trust and teamwork
- Foster empathy and mutual understanding
- Promote respect for diversity
- Create a positive and safe space for everyone
- Break down stereotypes and combat prejudice
- Enhance verbal expression, communication, storytelling

Number of Participants

- 10 to 25 people (ideally 12-20)

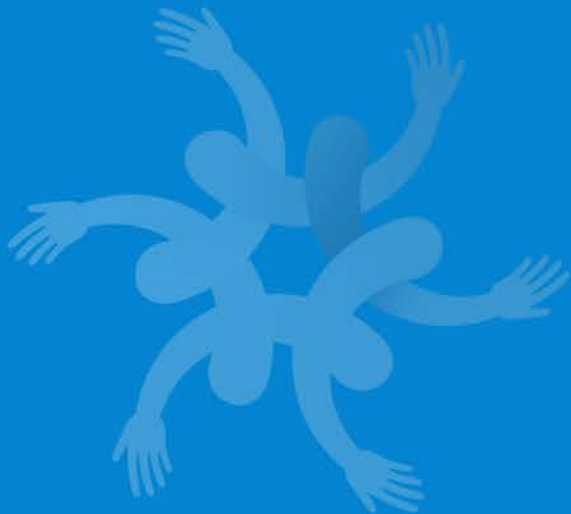
Duration

- 45 minutes to 1 hour

(can be extended based on group dynamics)

Materials Needed

- A tall stable pole / staff (wooden or metallic, securely fixed)
- Long ribbons in different colors (one per participant + a few extra) – approx. 2-3 meters each
- Cards / post-its / question prompts (optional)
- Circular open space (indoors or outdoors)



The Story Maypole

(Inspired by the traditional Greek “Gaitanaki”)

Game Instructions

Preparation

- Place the pole in the center with the ribbons attached at the top
- Each participant grabs one ribbon at random
- The facilitator explains the process and the game’s purpose:

“We are about to weave a Story Maypole. While weaving, we will share thoughts, experiences, dreams or stories, with respect and openness. Each ribbon represents our journey. Together we will create our collective pattern.”

Game Phases

Phase 1 – Weaving & Icebreaker

- With music playing (soft traditional or world music recommended), participants start moving in a circle around the pole, weaving the ribbons
- The facilitator pauses the music every 1 minute. When the music stops: Each participant answers a simple icebreaker question (examples below)
- After the answers, the music resumes and weaving continues

Phase 2 – Stories & Experiences

- As the maypole weaving progresses, questions become slightly deeper (see sample questions below).
- Participants may share short personal stories if they wish. Participation in sharing is always voluntary – passing is allowed

Phase 3 – Unweaving & Reflection

- After the weaving is completed, the facilitator invites participants to "unweave" the maypole in reverse motion, while engaging in open group reflection:
- How did you feel during the game?
- What did you learn about others?
- What message would you like the group to take away from this experience?
- The goal is for everyone to return to their starting positions with the ribbons unwoven, symbolically leaving behind old limiting perceptions.

Inclusion Principles

- Everyone is equal – there are no "right" or "wrong" answers
- Respect each other’s space and timing. Participants can choose not to speak if they prefer
- Acceptance of diversity – every perspective and story belong in the maypole
- Collaborative spirit – only by moving together can the maypole be woven and unwoven

Sample Questions by Phase

Phase 1 – Weaving & Icebreaker: Light questions with no emotional exposure

- What is your favorite food?
- What song lifts your mood?
- If you could travel anywhere, where would you go?
- What is your favorite color and why?
- If you were an animal, what would you be?
- What sport or art do you enjoy?
- What holiday makes you happy?



Phase 2 – Stories & Experiences: Questions that foster empathy and acceptance

- Share a difficulty you managed to overcome
- Was there a moment when you felt proud of yourself?
- What do you wish others knew about you that is not obvious?
- Have you ever experienced injustice? How did you cope?
- Share a powerful moment of solidarity you experienced
- Who is a person that has inspired you?
- What is one stereotype you would like to break?
- What is one dream or goal you have for the future?
- What does the word inclusion mean to you?

Phase 3 – Unweaving & Reflection: Questions for debriefing and consolidating the experience

- How did you feel during this activity?
- What did you learn about others that surprised you?
- What was the most powerful moment of the session for you?
- Which story or answer will you remember?
- What message would you like to leave with the group?
- How can we transfer the spirit of this activity into everyday life?
- In one word, how do you feel right now?

Suggested Variations by Group Type

Multicultural Group (different nationalities/cultures)

Add questions like:

- What tradition from your country would you like to share with us?
- What do you miss most from your home country?
- Teach us a word in your language that you love
- End with a multilingual finale: each participant says "thank you" or "together" or "cooperation" in their language

Group with experience of bullying / social exclusion

Enrich questions with empowerment themes:

- When did you feel accepted?
- What makes you feel strong?
- What advice would you give to someone feeling alone?

(Strong emphasis on **safe space and **voluntary participation**)*

Group with mixed abilities / people with disabilities

- Adapt the rhythm of the game (slower weaving, accessible to wheelchairs, etc.)
- Offer questions in multiple formats (images or cards if needed)
- Highlight that every type of participation is valued, regardless of expression mode

Refugee / Migrant Group

- Start with very simple warm-up questions, giving participants time to feel safe
- Use questions that foster belonging and acceptance:
 - *What makes you feel at home?*
 - *What food or habit connects you with your homeland?*
 - *How do you imagine your future here?*
 - *Provide visual support (e.g. cards with emojis to ease participation)*



Final Ritual to Reinforce the Message

You can close with this simple ritual:

- Each participant cuts a small piece of their ribbon and ties it to a shared "*Tree of Inclusion*" (a decorated branch or symbolic installation)
- The tree remains in the space as a symbol of the group's collective journey
- Alternatively, participants can keep a small piece of their ribbon as a personal keepsake

Summary

Through this adaptation, ***The Story Maypole***, inspired by the Greek traditional game "*Gaitanaki*", becomes a dynamic experiential tool for:

- Encouraging **positive interpersonal relationships**
- Building a **sense of community**
- Empowering **voices that are often unheard**
- Promoting **mutual respect and acceptance**
- Requiring **minimal cost or setup**
- Being suitable for **multicultural and inclusive groups**
- Being adaptable for **youth and adult audiences (16+)**



Game Objectives

- Foster trust and team spirit
- Strengthen empathy and acceptance
- Create a safe and positive communication space
- Highlight personal stories and unseen aspects of each participant
- Break stereotypes and promote equality
- Enhance active listening and intercultural communication

Number of Participants

- 10 to 30 people (ideally 15-25)

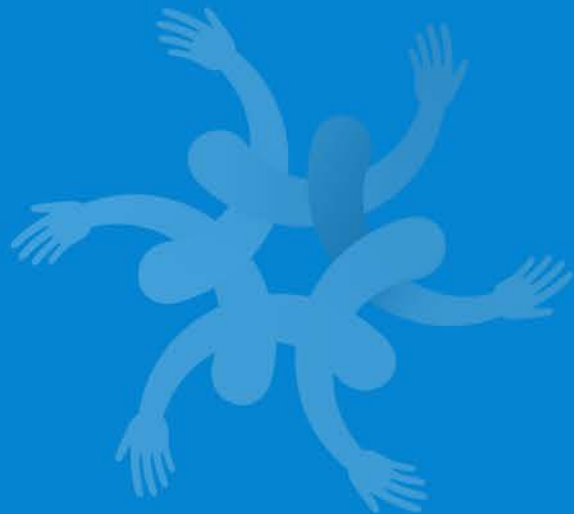
Duration

- 30 minutes to 1 hour

(can be extended based on group dynamics)

Materials Needed

- Open space large enough for a circle
- Optional: background music
- Cards with questions / prompts for sharing (facilitator's cards)



The Bridge of Stories

(Inspired by the traditional Greek game "Perna perna i melissa" – "The Bee Passes By")

Game Instructions

Preparation

- All participants form a large circle
- The facilitator explains the framework:
"We are about to cross the Bridge of Stories. As we cross it, we will have the chance to share small pieces of ourselves. The bridge symbolizes our transition towards mutual understanding and empathy."
- Two participants stand facing each other, raising their arms to form an arch (the bridge)
- The rest of the group lines up and crosses under the arch one by one

Game Phases

Phase 1 – Introductory Crossing

- As each person crosses the arch, the facilitator asks them a simple icebreaker question (see examples below)
- The participant answers aloud so that everyone can hear

Phase 2 – Personal Stories

- The facilitator switches to deeper, more meaningful questions (see examples below)
- As participants cross the bridge, they share small personal stories or reflections

Phase 3 – Symbolic Closing

- In the final round, each participant crosses the bridge holding the shoulder of the previous participant (forming a chain), saying one word that expresses what they are taking from the experience (e.g.: "Acceptance", "Unity", "Strength", "Love", etc.)
- This way, all participants become part of the whole, and the circle closes united

Inclusion Principles

- Each participant is **free to pass without answering** if they wish
- Stories and answers are received with **full respect**
- **No interruptions, no comments, no ridicule**
- The facilitator ensures that a **safe space** is maintained throughout

Sample Questions by Phase

Phase 1 – Introductory Crossing

- What is your favorite food?
- If you were a season of the year, which would you be?
- What song lifts your mood?
- What place would you like to visit?
- What helps you relax?

Phase 2 – Personal Stories

- When were you proud of something you achieved?
- Name a stereotype you would like to break.
- What helps you overcome difficulties?
- Who is a person who has inspired you?
- When did you feel accepted by a group?
- What message would you like to share with those around you?



Suggested Variations by Group Type

- **Multicultural group:** add questions about traditions, language, culture
- **Group with experiences of exclusion:** enrich questions related to empowerment
- **Mixed-ability group (participants with disabilities):** adjust the rhythm of the arch formation, and offer tactile or visual cards for questions

Benefits

- Strengthens mutual acquaintance and connection
- Fosters empathy
- Supports the inclusion of new members into the group
- Promotes respect and acceptance of diversity
- Very easy to implement – requires no special equipment

Summary

Through this adaptation, ***The Bridge of Stories***, inspired by the Greek traditional game "*Perna perna i melissa*" becomes a dynamic experiential tool for:

- Inclusion workshops
- Multicultural seminars
- Youth and adult groups
- European projects (Erasmus+)
- Parenting programs
- Intercultural education settings



Game Objectives

- Foster trust within the group
- Strengthen communication
- Highlight the strengths of each participant
- Enhance mutual support
- Break stereotypes and foster acceptance
- Promote the "listen - respect - support" mindset

Number of Participants

- 10 to 30 people (ideally 15-25)

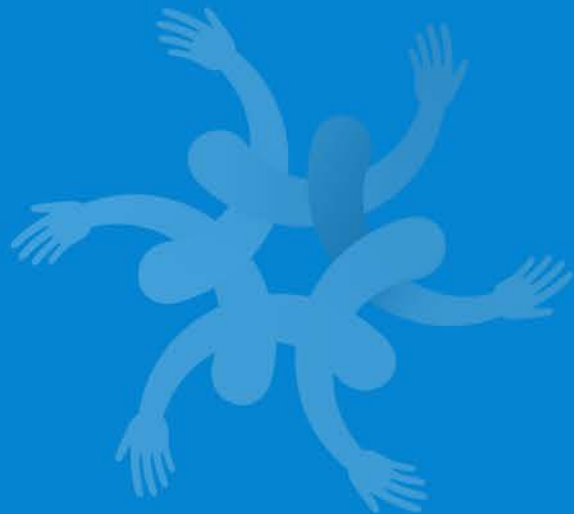
Duration

- 30 to 45 minutes

(can be extended based on group dynamics)

Materials Needed

- One soft ball (e.g., gym ball, lightweight ball)
- Open space (gym, hall, yard, etc.)
- Cards with empathy-related questions (facilitator's cards)



The Apples of Trust

(Inspired by the Greek traditional game "Ta Milda" – "The Apples")

Game Instructions

Preparation

- Participants form a circle
- The facilitator explains:
"We are playing The Apples of Trust. Here, we don't throw the ball to eliminate someone. We pass it to foster dialogue and acceptance. When you pass the ball, you also send a message of empathy."

How to Play

- The player with the ball says a positive phrase or answers a question given by the facilitator
- Then they gently pass the ball to another person in the circle

Game Phases

Phase 1 – Getting to Know Each Other

- Players pass the ball, each time saying their name and one positive thing about themselves

Phase 2 – Empathy Questions

- The facilitator reads a question from the empathy cards
- The player with the ball answers and passes the ball to another, who also answers and continues

Phase 3 – Positive Messages

- The facilitator encourages players to close each pass by saying a positive phrase or affirmation to the recipient of the ball (e.g.: *"I appreciate your courage"*, *"You are a good listener"*, *"I liked what you shared"*, etc.)

Inclusion Principles

- **The ball is not thrown hard or abruptly** – the game is non-competitive
- No one is eliminated from the game
- Each player may pass their turn if they do not wish to answer
- All answers are listened to with respect

Sample Empathy Questions (for Phase 2)

- What makes you smile?
- When did you feel that you belonged to a group?
- What stereotype do you consider unfair?
- Name one of your strengths.
- Who has inspired you?
- How would you like to contribute to our group?

Suggested Variations by Group Type

- **Multicultural groups:** add questions about culture, language, tradition
- **Groups with participants who have experienced exclusion:** place greater emphasis on positive affirmation phrases
- **Participants with disabilities:** use an appropriate ball for all abilities (e.g. very light / tactile-friendly)





Benefits

- Fosters trust and respect
- Strengthens team spirit
- Promotes empathy and acceptance
- Is fun and easy to implement
- Generates collaboration, not competition

Summary

Through this adaptation, ***The Apples of Trust***, inspired by the Greek traditional game "*Ta Milda*" becomes a powerful experiential tool for:

- Inclusion programs
- Diversity and intercultural workshops
- Erasmus+ projects
- Youth and adult group integration
- Safe space activities
- Empathy and team-building sessions



Game Objectives

- Foster empathy towards people with disabilities
- Highlight the complexity of communication under constraints
- Provide experiential understanding of the need for accessibility and equity
- Promote teamwork and group cohesion
- Enhance critical reflection on the status of people with disabilities in society
- Break stereotypes and prejudice

Number of Participants

- Ideally 12 to 24 people
- Split into 3 pairs of teams (total of 6 teams of 4 members)
 - 2 teams representing blindness
 - 2 teams representing mutism
 - 2 teams representing limb amputation

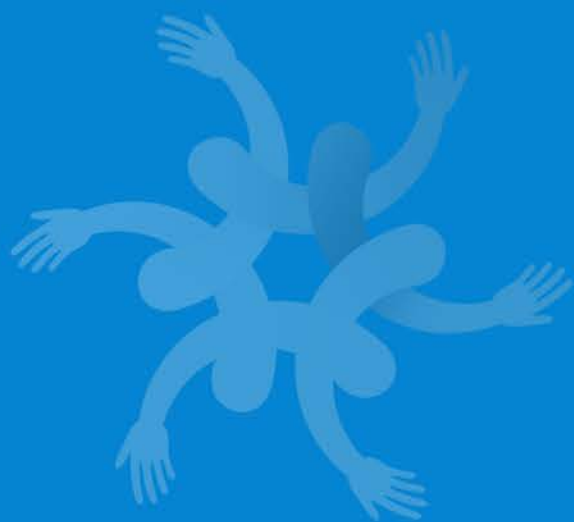
Duration

Approx. 45–60 minutes total

- 30 minutes for the game rounds
- 15–20 minutes for debriefing & discussion

Materials Needed

- Blindfolds or eye masks (for blindness teams)
- Word cards (for mutism teams)
- Drawings/images to be replicated (for limb amputation teams)
- Paper & markers for the drawing exercises
- Timer or stopwatch (30–40 seconds per round)
- Space with good visibility for observers
- List of debriefing questions for the facilitator



Walk a Mile in my Disability

(The game was created by **Avgousta and Ifigeneia Akritidi** for the needs of the Project)

Game Instructions

Preparation

- The facilitator explains the game's objectives and **establishes a safe and supportive environment**
- Participants are split into 6 teams (2 per disability category)
- Each team selects a **leader**
- Observers (those not participating in a given round) are encouraged to **actively observe the teams' strategies, reactions, and dynamics**

Game Phases

Blindness Teams

- **Objective:** represent a pose through touch
- **Procedure:**
 - The leader receives a pose from the facilitator
 - Players, with eyes closed, pass the pose **through touch only** down the line
 - The last player in line represents the pose
 - Evaluation: team with the pose **closest to the original** wins

Mutism Teams

- **Objective:** describe a word through mime
- **Procedure:**
 - The leader receives a word from the facilitator
 - They mime the word to the next player, passing it down the line
 - The last player writes down the word
 - Evaluation: **correct word written** wins

Limb Amputation Teams

- **Objective:** reproduce a drawing under movement constraints.
- **Procedure:**
 - The leader views the drawing
 - The drawing is passed through the team, with **each member using a different movement restriction** (e.g. tied hand, non-dominant hand, tied fingers, etc.)
 - Evaluation: **drawing closest to the original** wins

Inclusion Principles

Safe Space

- The game is conducted in an environment of **mutual respect**, free from judgment or mockery
- Each participant has the right to **opt out** of any activity if they feel uncomfortable

Respect for Disability

- The game is not intended to **mock or belittle** people with disabilities
- The simulation is designed to foster **empathy**, not to trivialize or "play with" disability

Active Role of Observers

- Observers must refrain from **negative or sarcastic comments** about players' efforts
- They are encouraged to focus on **observing collaboration and adaptation strategies**

Facilitator's Responsibility

- The facilitator ensures that no **discriminatory behavior** occurs during or after the game
- If such behavior arises, the facilitator intervenes and reinforces a culture of respect

Acceptance of Diversity

- It is emphasized that **disability is multidimensional**, and what is experienced in the game represents only a small part of real-life challenges
- All players and abilities are treated with **equality and acceptance**



Emphasis on Reflection

The reflection phase is essential:

- It highlights **what we have learned about ourselves** and
- How we can **apply these lessons** to our daily lives and attitudes toward others

Avoidance of Competitive Spirit

- The game is not about producing **“winners” or “losers”**.
- The goal is **collective learning, team building, and recognizing positive behaviors**.

If desired, here is also a **short opening statement** the facilitator can say at the start of the game, to **clearly set the inclusion principles in practice** (especially useful for Erasmus+ or formal inclusion workshops):

Facilitator’s Opening Statement (optional)

"Today's activity is designed to help us experience, just for a moment, some of the challenges faced by people with disabilities — with full respect and the aim of fostering empathy. We are here to support one another, not to compete or judge. Please remember that what we are doing is a learning exercise, not a game about disability itself. Let's listen, reflect, and treat each other — and the topic — with care and respect throughout the session."

Game Flow

- Each disability category plays best of 3 rounds
- After each round, the player order changes
- Observers are encouraged to actively observe and take notes during the rounds

Debriefing Discussion

The facilitator guides the group using the following sample questions:

- How did you feel while playing the game?
- What difficulties did you face?
- What was the hardest part for you?
- Would you choose a different approach to achieve the goal? What would you change?
- Did you notice any particular behavior towards you?
- Do you think this game reflects reality in our society?
- In which sectors of society do you think this game relates?
- Do you think children with disabilities have the same opportunities to participate in play? What solutions would you suggest?
- Is it better to treat people with disabilities in a "special" way or like everyone else? Which approach do you think helps them feel more included in a group?

Suggested Variations

- Adjust the level of difficulty according to the group (e.g. simpler words for teenagers / more complex for adults)
- Include additional disabilities (e.g. *mobility impairments, neurodevelopmental differences*)
- Introduce **observation breaks** between rounds for active reflection

Benefits

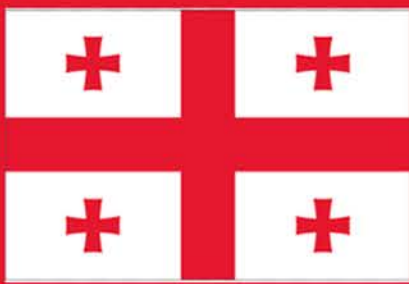
- Promotes **empathy through experiential learning**
- Highlights **challenges faced by people with disabilities**
- Enhances **teamwork and mutual support**
- Breaks **stereotypes and prejudice**
- Creates a **space for reflection and dialogue**
- Perfect for **Erasmus+ inclusion projects, diversity workshops, school programs, training seminars**



Summary

With this structured format, the game ***Walk a Mile in my Disability*** becomes an **excellent experiential tool** for:

- Inclusion & diversity programs
- Erasmus+ workshops
- Youth and adult groups
- School and educational settings
- Safe space activities
- Awareness-raising events



Lelo Burti (ლელო ბურტი)

(Georgian traditional village game played during Easter)

Game Instructions

Preparation

- The facilitator explains the cultural background of Lelo Burti
- Participants are divided into two teams
- The field is marked with two goal zones at opposite ends
- The facilitator reviews safety and inclusion guidelines before starting

How to Play

- The ball is placed in the center of the field
- At the starting signal, teams compete to carry, roll, or pass the ball toward the opponent's goal zone
- Physical contact is permitted but must remain **friendly** and **respectful**:
→ **For youth or inclusion settings, minimal pushing or shoulder-to-shoulder contact only**
- Players can pass the ball between teammates or advance it by carrying/rolling
- When a team scores by getting the ball fully into the opponent's goal zone, play restarts from the center
- The game continues until the designated time expires
- The team with the most goals wins

Inclusion Principles

Safe Space and Respect

- All physical interaction must be consensual and controlled
- Facilitators must monitor behavior and intervene if contact becomes unsafe

Equal Opportunity to Participate

- Players of all abilities must be able to contribute meaningfully (see adaptations below)
- No player should be sidelined or forced to take a passive role unless they choose to

Respect for Diversity

- Team members are encouraged to value the unique contributions of all players (regardless of mobility, neurodiversity, or experience)

Clear Communication

- Instructions should be clearly explained, using visual cues and repeated demonstrations if needed.
- Teams should be encouraged to support and communicate openly during play

Flexible Rules for Inclusion

- The game should be adapted in real-time to ensure that everyone remains engaged and no one is excluded due to ability level

Non-Competitive Focus

- While there is a scoring element, the primary objective is teamwork and fun, not aggressive competition
- The facilitator should reinforce positive interactions and sportsmanship throughout

Suggested Variations

For Wheelchair Users

- Use a lighter ball to allow easier handling
- Adjust field size to a flat, wheelchair-accessible surface
- Players may roll or pass the ball rather than carry it

For Low-Mobility Participants

- Create attack and defense zones, assigning players specific areas where they can contribute without needing to move constantly
- Designate roles (e.g. passers, blockers, goal defenders) that suit each player's mobility level

Game Objectives

- Promote teamwork and collaborative spirit
- Encourage physical activity in an inclusive, respectful way
- Foster community bonding and cultural awareness
- Develop communication and strategy skills
- Provide opportunities for diverse abilities to contribute to a common goal
- Encourage respectful physical interaction in a controlled environment

Number of Participants

- Ideally 12 to 24 players (can be flexible depending on field size and team composition)
- Split into two teams

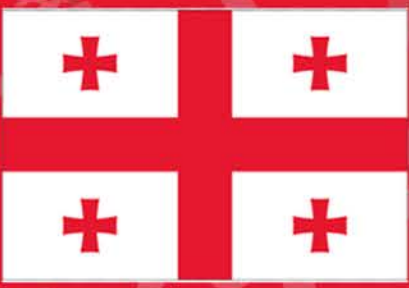
Duration

- Approx. 20 to 40 minutes
- Game can be structured in 2-4 timed rounds (e.g. 5-10 minutes per round) with breaks in between.

Materials Needed

- Traditional version: heavy handmade ball
- Inclusive version: lighter ball (fabric or soft rubber)
- Open flat playing field or accessible indoor area
- Markers or cones to define goal zones
- Optional: team bibs (color-coded)
- Optional: visual timer (clock or projected countdown)





For Neurodiverse Players

- Provide color-coded team bibs for clear team identification
- Use a visual game timer to signal rounds and breaks
- Offer clear, repeated instructions and pair neurodiverse players with a peer buddy for support

For All Players

- Allow time-outs and regular breaks to prevent sensory overload or fatigue. Encourage teams to rotate players into different roles, so everyone experiences multiple aspects of the game

Debriefing Discussion (Optional)

After the game, the facilitator may guide a short reflection:

- How did you feel during the game?
- What did you notice about team communication and cooperation?
- What challenges did you experience?
- How did you see your teammates supporting each other?
- How do you think this game promotes inclusion and respect for diversity?
- How could such adaptations be used in other sports or daily group activities?

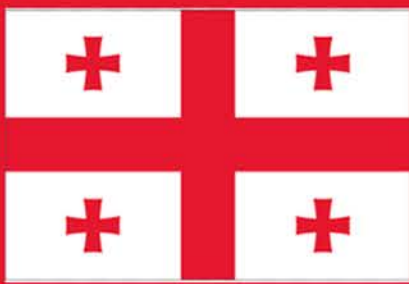
Benefits

- Promotes teamwork and collaborative problem-solving
- Provides an inclusive, physical activity opportunity
- Highlights the importance of adaptation and accessibility
- Builds empathy and mutual respect
- Connects players with Georgian cultural heritage
- Suitable for diverse groups, youth and adults, mixed-ability teams
- Easily adaptable for Erasmus+, multicultural events, inclusion workshops, and community sports programs

Summary

Lelo Burti offers a **dynamic and inclusive team sport experience**, rooted in Georgian tradition but highly adaptable to **modern inclusive values**.

With thoughtful modifications and clear inclusion principles, it can serve as an **engaging tool for promoting teamwork, empathy, and cultural appreciation in international educational and social contexts**.



Game Objectives

- Develop rhythm, coordination, and quick reactions
- Foster group cohesion and shared fun
- Encourage attention and anticipation
- Provide a space for non-verbal communication
- Create an inclusive, low-barrier entry activity for diverse groups
- Serve as a dynamic warm-up or icebreaker

Number of Participants

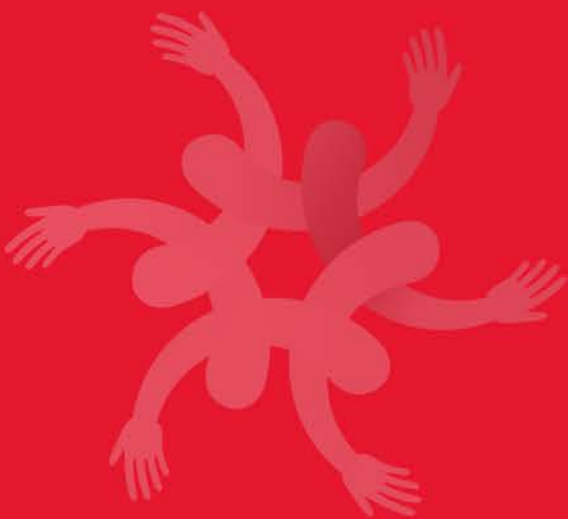
- 6 to 20 players per group (optimal group size ~10-14)
- If a larger group is present, divide into smaller circles and run parallel games

Duration

- Approx. 10 to 20 minutes
- Can be extended as a tournament if desired.

Materials Needed

- None required
- Optional: small sound devices (bells, maracas) for adaptations



The Cranes Are Flying – Where? – Far – How Many?

(წეროები მიფრინავენ – სად? – შორს – რამდენი?)
(Georgian traditional Rhythmic & Coordination Game)

Game Instructions

Preparation

- All players stand in a **closed circle**
- Each player interlocks their hands in the following pattern:
 - Right hand placed **over** the left hand of the person to their right
 - Left hand placed **under** the right hand of the person to their left
- This creates a **crossed-hands circle**, where each person’s two hands are in **two different positions in the sequence**

How to Play

1. **The game starts with a chant sequence combined with rhythmic clapping:**
 - **Player 1 says:** *The cranes are flying*, and claps their right hand on the right hand of the next player in rhythm
 - **Player 2 responds:** *Where?*, also clapping their right hand to the next hand
 - **Player 3 says:** *Far*, and claps in rhythm
 - **Player 4 says:** *How many?*, and claps in rhythm
 - **Player 5 says a random number**, (e.g. *Five*) and claps in rhythm
2. **The group continues the clapping-counting sequence, moving from player to player around the circle, counting aloud:**
 - 1 → next clap
 - 2 → next clap
 - 3 → ... and so on
 - Until the number announced is reached (e.g. Five)
3. **The player whose hand claps on the final number must immediately attempt to catch the next hand in sequence:**
 - If they catch it, the next player is eliminated from the circle
 - If they fail to catch it, they are eliminated
4. **The game restarts:**
 - The chant begins again: *The cranes are flying...*
 - A new number is announced
5. **The game continues until two players remain – the final winner is decided between them**
 - * (In large groups: run parallel games in smaller circles. Then have a final round between circle winners)

Inclusion Principles

Safe and Positive Environment

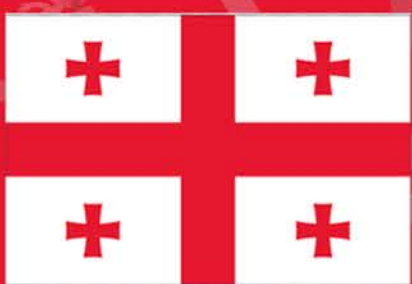
- The game is intended for fun, rhythm, and connection – not stress or embarrassment
- No one is forced to remain if they feel uncomfortable

Respect for Diversity of Abilities

- Physical contact (hand claps or taps) must be gentle and consensual
- Adaptations should be used to allow full participation by players with motor, sensory, or neurodiverse profiles

Equal Participation

- All players should feel they are active contributors to the group dynamic
- If needed, eliminate strict elimination mechanics and play purely for rhythm and coordination in inclusive settings



Flexibility of Adaptation

- The facilitator should encourage adaptive methods (sound cues, visual signals, simplified rhythms) as needed
- Group rhythm can be adjusted slower or faster based on player needs

Focus on Joy and Connection

- Winning is secondary to the collective experience of play
- The facilitator should emphasize cooperation, fun, and rhythm over competition

Inclusive Adaptations

For Limited Mobility or Motor Function Player

- Replace physical claps with **gentle taps** or **sound cues** (finger snap, bell, or hand wave)
- Allow players to use **only one hand** if needed, or other accessible gestures

For Visually Impaired Players

- Use a **call-and-response chant** with **auditory guidance** (claps can be supplemented by verbal cues)
- Partner with a peer to help track rhythm and turns if needed

For Neurodiverse Participants

- Maintain a **slow, consistent rhythm** throughout the game
- Use **visual or sound prompts** (lights, claps, sound blocks) to aid tracking of the sequence
- Allow a **practice round** before starting elimination phases
- Optionally, **remove elimination to keep all players engaged** and focused on rhythm

Debriefing Discussion (Optional)

After playing, the facilitator can invite reflection:

- How did it feel to coordinate with the group?
- What challenges did you face in keeping rhythm or tracking turns?
- How did teammates **support each other** during the game?
- How did the **adaptations** help everyone participate?
- In what other settings could this type of **rhythmic game** promote inclusion and connection?

Benefits

- Promotes **group cohesion** and **social bonding**
- Develops **rhythm, timing, and anticipation skills**
- Offers an **easy-to-learn, accessible warm-up or icebreaker**
- Encourages **cross-cultural appreciation** of Georgian traditional games
- Provides a **low-barrier entry point** for mixed-ability and multicultural groups
- Easily adaptable for **inclusive workshops, Erasmus+ programs, school activities, community events**

Summary

The Cranes Are Flying - Where? - Far - How Many? is a traditional **Georgian rhythm game** that promotes **coordination, anticipation, and group connection**. Through small **inclusive adaptations**, it can become a highly engaging activity for **diverse groups** and a perfect addition to **inclusive game toolkits** for use in **international workshops, team-building sessions, and cultural exchange programs**.



Game Objectives

- Promote alertness, coordination, and positive interaction
- Build trust and respectful physical movement within a group
- Encourage playfulness and joyful bonding among diverse participants
- Foster attention to others, non-verbal awareness, and group cohesion
- Create a light, inclusive activity suitable for mixed-ability and intercultural groups
- Support spontaneity, confidence, and peer empathy through cooperative play

Number of Participants

- 8 to 25 players
- Optimal group size: 12-20 players
- If larger groups: run in parallel circles

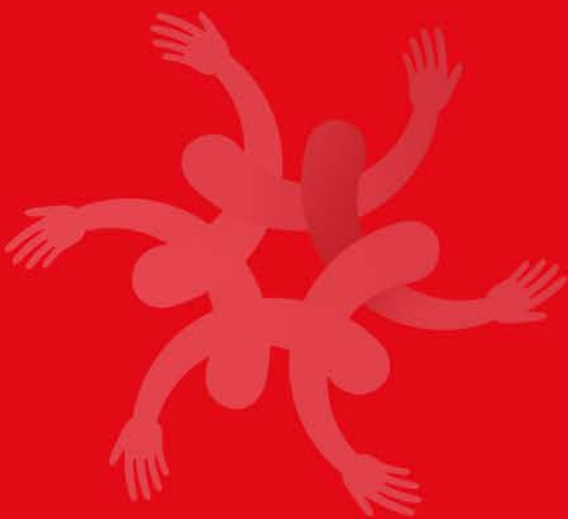
(Target age: 15-25 years old, but playable by any age!)

Duration

- Approx. 10 to 20 minutes
- Repeatable in several rounds, or used as a short energizer / icebreaker.

Materials Needed

- A soft object (can be a fabric handkerchief, soft cloth, scarf, or inclusion symbol).
- Chairs or floor seating arranged in a circle.
- Optional: recording of the original melody or other suitable music (instrumental or sung).
- Optional: translated lyrics or alternative inclusive song/chant



Circle of Kindness: The Seller's Gift

(Inspired by the Turkish traditional game "Yağ Satarım, Bal Satarım" – Inclusive Circle & Movement Game)

Game Instructions

Preparation

- Players sit in a **circle** on chairs or on the floor.
- One player is chosen to be the **"Seller"** and holds the cloth/handkerchief.
- The facilitator briefly explains the inclusive version:

"In this game, the Seller is not selling oil or honey, but is carrying a symbolic 'gift of kindness' to share. The group's task is to stay aware, alert, and playful – and to move with trust and respect."

- The facilitator reviews **Inclusion Principles**

How to Play

1. The Seller walks slowly around the outside of the circle, singing or softly chanting:

"I carry kindness, I carry joy,
I bring a gift to you today,
If you feel it touch your way,
It's your turn now to play!"

(Or the original turkish lyrics can be used, explained first to non-Turkish speakers)

2. While walking, the Seller secretly drops the cloth behind one seated player

3. If the seated player notices it, they:

- Pick it up quickly and chase the Seller around the circle.
- The Seller must run and sit in the now-empty spot before being tagged.

4. Outcomes:

- If the Seller is **tagged**, they remain Seller for another round.
- If the Seller **sits successfully**, the chased player becomes the new Seller

5. If a player does not notice the cloth before the Seller completes a full circle, the group cheers

the Seller for their stealth, and the unnoticed player becomes the new Sell

Inclusion Principles

Respectful Movement

- Movement and touch must always be **gentle and consensual**
- Chasing is done in a **safe and non-aggressive manner** (no tackling, no rough physical contact)

Universal Participation

All players can choose how to participate:

- Active in the circle
- As an observer
- By having an **assistant partner** to help them notice and move if needed

Voluntary Choice

- Players may **opt out of physical chasing** and instead perform the **symbolic gesture of passing** (e.g. standing and bowing or giving a hand wave instead of running).

Mutual Support

- The game emphasizes **fun and togetherness**, not winning
- Players **cheer and encourage** both the Seller and the Chaser, creating an atmosphere of **peer support**

Cultural Sharing

- The game provides an opportunity to **honor Turkish tradition** while making the song accessible and relevant to **all cultures** in the group.
- Groups can optionally **adapt the chant or create new verses** in their own languages



Inclusive Adaptations

For Limited Mobility Players

Allow players to:

- Drop or signal with a **tap on the back** instead of dropping an object
- Chase **by pointing or using a helper partner** who mirrors their movement
- Use **wheelchairs or mobility devises** – with safe space given for movement

For Non-Verbal Players

- Use **gestures** or **patner support** to indicate readiness and responce
- Communicate through *hand raise, eye gaze, a personal symbol or sound cue*

For Neurodiverse Players

- Keep **rhythm and pace moderate** and predictable.
- Provide **clear visual demonstration** of the game before starting.
- Allow a **practice round** before starting official play.
- Accept that some players may prefer **non-verbal or symbolic participation**.

For Intercultural Groups

- Share the **original meaning and lyrics** of *Yağ Satarım, Bal Satarım*
- Invite participants to create **alternative playful verses** in different languages.
- Encourage cultural discussion:

"What types of playful circle games do you have in your country?"

Debriefing Discussion (Optional)

After several rounds, the facilitator can lead a short reflection:

- How did it feel to play this game with the group?
- What helped you stay alert and connected?
- What was fun or surprising about the game?
- How did it feel to be cheered on or encouraged by others?
- How can we carry this spirit of kindness and playfulness into our next activities?

Benefits

- Promotes **fun and positive interaction** across diverse groups
- Supports **movement, coordination, and attention**
- Fosters **trust, group bonding, and mutual support**
- Provides an **easy-entry, culturally rooted activity**
- Encourages **inclusion of all abilities and backgrounds**
- Perfect for **youth exchanges, multicultural workshops, inclusive classrooms, Erasmus+ projects, community-building sessions**

Summary

Circle of Kindness: The Seller’s Gift transforms the beloved Turkish children’s game “*Yağ Satarım, Bal Satarım*” into an **inclusive, joyful activity** for young adults (ages 15–25) and diverse intercultural groups.

Through **small adaptations** and a focus on **gentle movement and supportive play**, the game invites participants of all backgrounds and abilities to engage in a shared, playful experience that builds **empathy, trust, and group cohesion**.



Game Objectives

- Enhance reflexes, coordination, and alertness
- Promote fair play and respectful competition
- Build team spirit and supportive interaction
- Foster cross-cultural appreciation of traditional games
- Ensure that participants of all abilities can engage meaningfully
- Create a fun, inclusive space for youth bonding and group cohesion

Number of Participants

- 8 to 25 players
- Divide into 2 teams of equal or nearly equal size
- If more than 16 players: split into rotating subteams or parallel games

(Target age: 15-25 years old, also suitable for mixed-age groups)

Duration

- Approx. 10 to 25 minutes
- Play multiple rounds with team rotation

Materials Needed

- A light handkerchief or small cloth.
- Open space: a field, gym, or large room.
- Markers or cones to mark team baselines and center line.
- Optional: team bibs (color-coded) to support clear identification.



Handkerchief Quest: The Fair Play Chase

(Inspired by "Mendil Kapmaca" – Inclusive Reflex & Cooperation Game)

Game Instructions

Preparation

- Divide players into **two equal teams**
- Teams line up on **opposite baselines** of the field or room
- Each player is assigned a **number** (or nickname) corresponding to a player on the opposing team

(e.g. Player #1 on Team A is paired with Player #1 on Team B)

- A **neutral facilitator/referee** stands in the middle, holding the handkerchief.
- The facilitator explains **Inclusion Principles** and sets the tone:

"We will play an inclusive version of this traditional game. The goal is not just speed, but **fairness, respect, and team spirit**. Everyone supports each other, and everyone can participate in a way that works for them."

How to Play

1. **The facilitator calls out a number or nickname**
2. **The two corresponding players run (or move) toward the center, aiming to grab the handkerchief**
3. **Once grabbed, the player must return safely to their team's baseline without being tagged by their opponent**
4. **Outcomes:**
 - If the player **returns safely**: they score a point for their team
 - If they are tagged before reaching their baseline: the other team scores a point
 - If neither player grabs the handkerchief after a brief period: no point awarded; facilitator calls next pair
5. **The game continues until all pairs have played at least once, or for a set time/score limit.**
6. **Between rounds, teams can rotate pairings or positions to promote interaction and inclusion.**

Inclusion Principles

Respectful Competition

- **No aggressive contact** is allowed
- Tagging must be **gentle and safe** (light touch on shoulder or upper arm)

Equal Participation

Players with different abilities choose their level of participation:

- Active runner
- Paired with a partner
- Symbolic role (e.g. signaling with flag or moving to grab with adapted equipment)

Voluntary Involvement

Players may opt out of running rounds and participate in alternative roles:

- Scorekeeper
- Team cheerleader
- Spotter or helper partner

Team Spirit & Encouragement

- Both teams are encouraged to **cheer for all players**, regardless of who wins the round.
- The focus is on **shared fun and peer encouragement**

Intercultural Awareness

- The game begins with a brief explanation of **Mendil Kapmaca's** cultural roots, celebrating the **Turkish tradition** and how it can connect players from all backgrounds



Inclusive Adaptations

For Limited Mobility Players

- Allow players to participate with **mobility aids** or **partner support**
- Modify the distance to the center line according to ability
- Players can use an **adapted tag gesture** (flag touch, hand wave) instead of running

For Non-Verbal or Neurodiverse Players

- Players can indicate readiness and participation with **visual or gesture signals**
- Use a **visual prompt** or **clear cue** when calling players (e.g. hold up numbered card + verbal call)
- Keep **pace moderate** and provide a practice round first

For Intercultural Groups

- Share a brief intro:

"In Türkiye, this game is called 'Mendil Kapmaca' – traditionally a fun and fast game of reflexes and agility. Today we will play it as a team-building activity where everyone can join."

- Invite players to **suggest fun alternative chants or cheers** between rounds in their own languages.

Debriefing Discussion (Optional)

After play, the facilitator can invite reflection:

- How did it feel to play a traditional game in this inclusive way?
- What strategies helped your team cooperate?
- How did your team show **encouragement and support**?
- How could games like this help build **trust and unity** in diverse groups?
- What other games from your own cultures could we adapt to share with this group?

Benefits

- Builds **alertness, reflexes, and coordination**
- Promotes **respectful competition and team spirit**
- Fosters **peer support and cross-group bonding**
- Encourages **intercultural appreciation** of traditional games
- Provides a safe, adaptable physical activity for **mixed-ability groups**
- Perfect for **youth workshops, Erasmus+ exchanges, diversity trainings, inclusive classrooms, and team-building sessions**

Summary

Handkerchief Quest: The Fair Play Chase transforms the popular Turkish game “Mendil Kapmaca” into a fully **inclusive reflex game** that emphasizes **fun, fairness, and team connection**.

Through simple adaptations and an emphasis on **respect and universal access**, this version makes it possible for **youth of all abilities and cultural backgrounds** to enjoy the **thrill of movement and teamwork** in a safe and supportive space.



Odbojka Reflex Arena

(Inspired by the North Macedonian traditional game "Ođbojka" – Inclusive Reflex & Agility Dodge Game)

Game Instructions

Preparation

- Select 2 players to start as Throwers.
- The remaining players form the Middle Group, standing inside the defined middle zone.
- Each middle player is given 1-3 lives:
 - 1 life: fast-paced rounds
 - 3 lives: longer rounds, more forgiving
- The facilitator introduces the cultural roots:

"Odbojka is a traditional playground dodge game from North Macedonia. We will play a modern, inclusive version where everyone can participate and experience the joy of fast reflex play – while practicing fairness, respect, and fun movement."

How to Play

1. **The Throwers stand at opposite ends of the playing space. They can:**
 - Pass the ball between each other
 - Aim to hit players in the middle directly with the ball
2. **Middle players aim to:**
 - Dodge the ball
 - Catch the ball (if they can) → rewards apply (see below)
3. **Rules:**
 - If a player is hit by a direct ball (no bounce) → they lose one life.
 - If the ball bounces before hitting → no life lost.
 - If a player catches the ball in the air:
 - They do not lose a life
 - Optional: regain 1 lost life or switch with a thrower (decide before play)
4. **When a player loses all lives, they step aside or can be given an optional supportive role (spotter, cheerleader, assistant thrower)**
5. **The last player remaining in the middle wins the round – and can become a thrower for the next round**

Inclusion Principles

Respectful Play & Safety

- No high-speed or aggressive throws → throwers must use safe, controlled motion
- Headshots are not allowed – if the ball hits the head, no life is lost

Adapted Participation

Players may opt out of middle running and choose supportive roles:

- Spotter
- Visual life counter manager
- Assistant thrower

Gentle Elimination

Players are not forced to leave the area entirely:

- Can remain nearby to observe or cheer
- Encouraged to support peers actively

Game Objectives

- Promote reflexes, agility, and spatial awareness
- Encourage respectful competition and sportsmanship
- Build alertness, focus, and body coordination
- Foster team bonding through light competitive play
- Ensure that all participants, regardless of physical ability or processing style, can engage in the game
- Celebrate the cultural heritage of North Macedonian playground games in an inclusive way

Number of Participants

- 8 to 25 players
- Split into:
 - 2 throwers
 - Middle group (all other players)

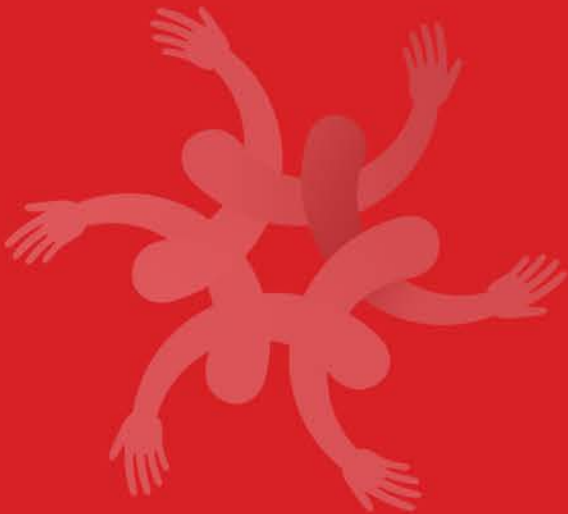
(Target age: 15-25 years old, also enjoyable for older and younger mixed-age groups)

Duration

- Approx. 10 to 20 minutes per round
- Multiple rounds can be played with role rotation

Materials Needed

- 1 soft rubber or sponge ball
- Flat, smooth play area: gym, large room, outdoor court
- Cones or markers to define:
 - Middle player zone
 - Throwers' zones (outside the middle area)
- Optional:
 - Visual life counters (tokens, wristbands, colored bands)





Inclusivity in Role Relation

After each round, roles rotate — giving everyone a chance to:

- Be in the middle
- Try being a thrower
- Choose a supportive role

Cultural Celebration

The game begins with an intro to its cultural origin — participants invited to discuss:

“Do you have similar games in your country or community?”

Inclusive Adaptations

For Players with Limited Mobility

- Use a slightly larger ball (easier to track and catch).
- Reduce the movement zone or allow stationary dodging:
→Players can dodge in place or move laterally in a smaller area
- Allow rolling throws as an option

For Wheelchair Users

- **Play on smooth, flat surfaces.**
- **Use rolling throws or gentle chest passes toward chair level.**
- **Players dodge by:**
→Moving the chair
→Shielding with arms
→Catching the ball

For Non-Verbal or Neurodiverse Players

- Visual life counters (bands, tokens, wristbands) → help track lives.
- Practice round with slow motion first.
- Play with consistent rhythm and avoid sudden, loud ball slaps.
- Allow players to opt out of reflex chasing and play as supportive helpers.

For Intercultural Groups

- Explain the cultural origin:

“Odbojka is a traditional playground game from North Macedonia — played for fun and agility”

- Invite participants to share similar dodge or reflex games from their own cultures.
- Use culturally neutral terms (e.g. "Reflex Arena," "Dodge Challenge")

Debriefing Discussion (Optional)

After several rounds, facilitator can invite reflection:

- How did you feel playing this fast reflex game?
- What strategies helped you stay alert?
- How did the group demonstrate fair play and respect?
- How could games like this be adapted even further for full inclusion?
- What other cultural playground games might we explore together?



Benefits

- Builds reflexes, coordination, and spatial awareness
- Fosters respectful competition and team spirit
- Encourages peer encouragement and inclusive sportsmanship
- Provides a dynamic physical game suitable for mixed-ability groups
- Promotes cultural appreciation through play
- Excellent for youth exchanges, Erasmus+ workshops, team-building, intercultural events

Summary

Odbojka Reflex Arena transforms the **traditional North Macedonian game “Οδβοjka”** into an **inclusive, fun, and physically engaging activity** for youth and diverse groups.

By integrating clear **inclusion principles, adaptive roles, and cultural appreciation**, this version ensures that all participants, regardless of physical ability, can enjoy the excitement of movement-based play – while building **alertness, agility, and mutual respect**.



Game Objectives

- Develop reflexes, focused attention, and quick decision-making
- Promote active listening and awareness of cues
- Foster group cohesion and shared laughter
- Encourage positive risk-taking in a supportive space
- Build confidence and response control for diverse learners
- Ensure full inclusion and accessibility for participants of all abilities

Number of Participants

- 6 to 25 players
- Can be adapted for larger groups by in parallel circles

(Target age: 15-25 years old, but enjoyable across all ages)

Duration

- Approx. 10 to 15 minutes per round
- Repeatable across several quick rounds

Materials Needed

- None required
- Optional:
 - Audio props (beels, clap, drum beat)
 - Signs or flashcards for visual cues
 - Music player for background energy



Day and Night: The Reflex Challenge Circle

(Inspired by the North Macedonian traditional game "Den i Nok" – Inclusive Listening and Reaction Game)

Game Instructions

Preparation

- Players stand facing the facilitator / leader in an open space or circle formation
- The facilitator explains the Inclusive Version:

"We will play an inclusive reaction game based on the traditional North Macedonian game Den i Nok. Your task is to listen and respond to cues – but remember, this is a space for fun, focus, and encouragement.

Everyone can participate in the way that works for them!"

- The group practices each movement slowly first:
 - On "Day!" stand up (or raise hand, or signal up)
 - On "Night!" sit down (or lower hands, or signal down)

How to Play

1. The leader randomly calls out "Day!" (Den!) or "Night!" (Nok!):
 - Players must respond as quickly as they can with the correct action.
2. The leader may vary tone, rhythm, and sequence to challenge players:
 - Fast calls
 - Slow calls
 - Repetitive patterns
 - Fake cues (such as "Sun!", "Moon!", "Freeze!") to test attention
3. If a player makes the wrong movement, they:
 - Are not eliminated immediately
 - Have 2-3 "lives" or chances before stepping aside or switching roles (optional: they can become co-leader or spotter)
4. The game continues until only a few players remain – or until a full group round ends
5. Leaders can rotate to allow multiple participants to try leading

Inclusion Principles

Universal Participation

Everyone can join:

- Standing, sitting or seated with mobility devices
- Using hand signals, eye gaze, verbal response, or gesture

Non-Elimination Focus

Players are not forced to leave the game early

- If they wish, they can switch to spotter/helper role
- A lives system (2-3 lives) ensures more time to participate

Respect for Processing Time

- The game starts with slow practice.
- The pace builds gradually to suit the group.
- Facilitator encourages a non-judgmental atmosphere:

"If you make a mistake, just laugh and reset – we're all learning together!"

Celebration of Diversity

- Cultural introduction:

"This game is called Den i Nok – 'Day and Night' – and it comes from North Macedonia. We celebrate this cultural gift by playing it together in our own way."

- Participants can suggest new fun cues or variations in their own language

Voluntary Role Choices

Players may choose to:

- Stay in the reaction circle
- Be a co-leader/spotter
- Help with cue sounds or visual signals



Inclusive Adaptations

For Limited Mobility Players

- Use hand signals:
 - Raise hand or wave for *Day*
 - Lower hand or tap table/lap for *Night*
- Allow players to participate seated or in wheelchairs — actions adapted to comfort and ability.

For Non-Verbal Players

- Use gesture-based or symbol-based responses
- Participants can use cards, pictures, or partner cues

For Neurodiverse Players

- Provide extra practice and repetition of cues first.
- Keep a consistent rhythm before increasing speed.
- Use visual supports:
 - Flashcards
 - Color-coded signs
 - Audio signals paired with verbal cues

For Intercultural Groups

- Introduce the origin and story of *Den i Nok*
- Invite players to invent new cue words in their language:

(e.g. “Flower!”, “River!”, “Freeze!”, “Smile!”)

- Create a shared inclusive group chant between rounds.

Debriefing Discussion (Optional)

Facilitator may invite short reflection:

- What did you enjoy about this game?
- How did it feel to stay focused and connected with the group?
- What strategies helped you react quickly?
- How did the group support each other?
- How could this type of game be used to build trust in new groups?

Benefits

- Improves reflexes, reaction time, and attentiveness
- Builds group focus and cohesion
- Encourages positive risk-taking in a supportive space
- Honors cultural tradition while adapting for inclusion
- Provides accessible fun for diverse and mixed-ability groups
- Ideal for Erasmus+ exchanges, diversity workshops, youth programs, team-building, and inclusive classrooms

Summary

Day and Night: The Reflex Challenge Circle adapts the beloved **North Macedonian game** “*Den i Nok*” into a fully **inclusive, flexible activity** for youth and young adults.

By honoring its **cultural roots** and adding clear **inclusion principles**, this version enables participants of **all abilities, languages, and backgrounds** to enjoy the game’s fast, joyful energy — while building group **connection and attentiveness**.



Game Objectives

- Cultivate empathy and emotional literacy
- Promote trust and mutual support within a group
- Encourage self-expression in a safe and inclusive space
- Strengthen group cohesion and belonging
- Provide a structured activity that allows every participant, regardless of background or ability, to contribute meaningfully
- Support intercultural dialogue and celebration of diversity

Number of Participants

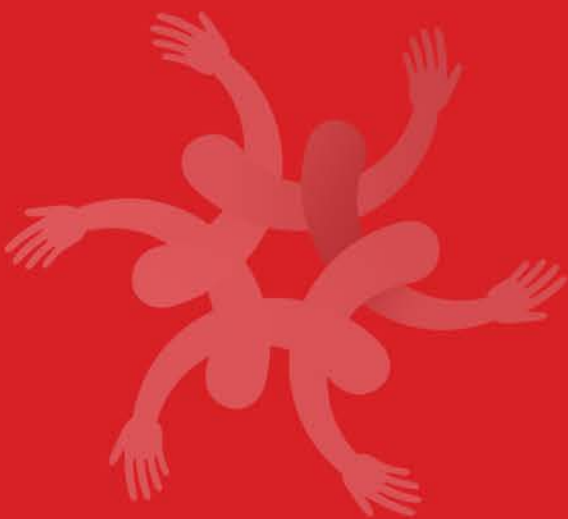
- 6 to 20 players per group (optimal size: 10-15)
- Can be adapted for larger groups by in parallel circles

Duration

- Approx. 10 to 30 minutes
- Can be used as:
 - A standalone activity
 - A closing circle after a workshop
 - An empathy warm-up
 - An inclusion-building ritual in any group setting

Materials Needed

- A soft object or figure representing Baringa (can be a soft toy, ball, fabric object, or a printed image).
- Optional: music for creating a calm and supportive atmosphere.
- Chairs arranged in a circle, or participants seated on the floor.
- Prepared “Courage Prompts” cards (optional – see suggestions)



Circle of Courage: The Baringa Way

(Inspired by the game BARIGNA, which the North Macedonian team implemented during the project-
An Inclusive Game of Empathy, Trust, and Expression)

Game Instructions

Preparation

- The facilitator explains the **purpose** of the activity:

"We will create a Circle of Courage, inspired by the story of Baringa – the little sheep who dared to step forward with courage and trust. In this circle, each person will have the chance to express a thought, feeling, or experience, while the group listens with empathy and offers support"

- The **object representing Baringa** is placed in the center of the circle
- The facilitator reminds the group of the **Inclusion Principles**

How to Play

1. **The facilitator starts by holding Baringa and briefly sharing one personal thought or experience connected to:**
 - a challenge they faced
 - a small act of courage
 - a time they needed support
 - something they appreciate about the group
2. **The facilitator then passes Baringa to any participant in the circle, inviting them to do the same.**
3. **Participants can:**
 - Share a **feeling** or **experience**
 - Share a **hope** or **wish** for the group
 - Express **gratitude** or **appreciation**
 - Pass Baringa silently if they choose not to speak
4. **The object continues around the circle in no fixed order – participants can speak when they feel ready**
5. **Once everyone who wishes to speak has done so, Baringa returns to the center**
6. **The facilitator closes the activity by thanking the group for their openness and courage**

Inclusion Principles

Voluntary Participation

- No one is required to speak; passing silently is always respected
- All forms of expression are valid (spoken words, gestures, signs, written notes, supported communication)

Respect and Confidentiality

- What is shared in the Circle of Courage **stays within the circle**
- All responses are met with **empathy and no judgment**

Active Listening

- While a person is speaking, the rest of the group listens **attentively and without interruption**
- Applause or verbal feedback is replaced with **non-verbal signs of support** (nodding, hand on heart, smiles)

Universal Accessibility

- Adaptations are provided so that **everyone can participate** in their own way (see adaptations below)

Celebration of Diversity

- Participants are encouraged to share aspects of their **culture, identity, or perspective**
- The Circle is framed as a space where **all voices matter equally**



Inclusive Adaptations

For Limited Mobility or Motor Function Players

- Allow participants to indicate a wish to speak with **visual signals**, eye gaze, or partner support
- The object (Baringa) can be passed by an assistant or simply pointed to, without physical handling if needed

For Non-Verbal Players

- Use **communication devices**, written messages, or partner-supported communication
- Players can choose to **show an emotion card**, a drawing, or a gesture

For Neurodiverse Players

- Clearly explain the **structure** of the activity in advance (using visual support if helpful)
- Keep the pace **unhurried**, with time for processing
- Allow **movement breaks** if needed
- Provide **optional prompts** on cards to reduce performance anxiety

For Intercultural Groups

- Encourage participants to **express themselves in their native language** if they wish (with or without translation)
- Celebrate cultural expressions of courage, gratitude, or community.
- Use Baringa as a metaphor that transcends cultural boundaries:

"We all have moments when we step forward with courage, no matter where we come from."

Samples “Courage Prompts” (Optional Cards)

- Share one thing you are proud of
- Describe a time when someone supported you
- Name something you want to learn or try
- Express something you are grateful for today
- Share one small challenge you are facing
- Name one way the group can support each other

Debriefing Discussion (Optional)

After the circle, the facilitator can invite brief reflection:

- How did it feel to participate in the Circle of Courage?
- What did you learn about others in the group?
- What will you take away from this experience?
- How can we apply this spirit of empathy and trust in our everyday interactions?



Benefits

- Fosters **trust, empathy,** and **group cohesion**
- Supports **emotional literacy** and **safe self-expression**
- Creates a structured, low-pressure space where **everyone belongs**
- Provides a simple yet powerful **inclusive ritual**
- Easily adaptable across **ages, cultures,** and **abilities**
- Ideal for **multicultural workshops, Erasmus+ projects, youth work, inclusive classrooms, community circles**

Summary

Circle of Courage: The Baringa Way transforms the spirit of the “*BARINGA*” game into a powerful, structured **inclusion tool**.

It enables groups of diverse backgrounds to build **empathy, trust,** and **belonging,** while honoring the unique contributions of every individual.

Adaptable and universally accessible, this game serves as a meaningful resource for educators, facilitators, and community leaders committed to fostering **inclusive practice through play**.



Epilogue

The Inclusion Playbook: Traditional Games for Everyone stands not only as a celebration of cultural heritage but also as a testament to the transformative power of the **Erasmus+/YOUTH Programme**. By promoting experiential learning through traditional games, the programme offers young people across Europe **unparalleled opportunities for intercultural dialogue, personal growth, and meaningful social inclusion**.

Through initiatives like Timeless Games, Erasmus+ demonstrates its capacity to break down barriers and create shared spaces where **diversity is embraced and cooperation is cultivated**. It empowers youth to become active participants in shaping inclusive societies, fostering solidarity across borders, and appreciating the richness of different cultural identities.

Civitas Athletica would like to express its deep gratitude to the **National Agency for the Erasmus+/YOUTH Programme in Greece, INEDIVIM**, whose unwavering support and guidance have been instrumental in turning this vision into reality. INEDIVIM's role in facilitating the participation of organizations and youth workers in European programmes continues to be a cornerstone in the development of innovative educational tools and the promotion of active citizenship.

The successful implementation of Timeless Games would not have been possible without the **dedicated cooperation of all project partners**, who worked collaboratively to reinterpret the traditional games of Greece, Georgia, Türkiye, and North Macedonia through the lens of inclusion and accessibility. This shared commitment to **the core values of Erasmus+ and the European Union** — solidarity, diversity, and inclusion — has resulted in a resource that reflects both cultural uniqueness and common European aspirations.

As this playbook reaches the hands of educators, facilitators, and youth professionals across Europe and beyond, it is our hope that it will continue to inspire **playful inclusion, cross-cultural connection, and the recognition of every individual's right to participate fully and equally** — in games and in society.

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Co-funded by the
Erasmus+ Programme
of the European Union



