

dialogue



Sit in pairs
back-to-back. One
describes an image,
the other draws it.
Compare results and
reflect on clarity and
communication.



Write a confusing message. Swap with a partner and try to clarify it through questions only. Reflect on how you reached understanding.



Pass an emotion
around the circle
using only facial
expressions. Reflect
on how clearly
emotions were
understood.



Pass a phrase from
the gatekeeper
through the group
by whispering it once,
person to person. No
repeats. Compare the
final version to the
original.



In pairs, one shares a belief. The listener reflects it back without correcting or judging. If understood, switch roles and reflect.



In pairs, mirror each other's movements silently for 1 minute. Reflect on attention and connection.



In groups, create
5 rules for good
communication.
Test them in a short
discussion. Reflect on
what worked.



Draw a symbol of conflict. Rotate the paper. Each person explains what they see from a new angle in about 1 minute.



In pairs, A shares
a frustration for
1 minute. B responds:
“If I were in your shoes,
I might feel...”.
Switch roles.



Each person writes
a frustrating phrase
they often hear
(e.g. "Calm down").
In groups, translate
each into the need
or feeling behind it.

