

Activities for workcamp participants

Reflection triads

Length: 45min

Main objective(s): Practice active listening and reflection

Materials needed: papers, pens

Outline (step by step methodology):

The participants are going to work in groups of three, where each participant gets to try three certain roles; speaker, listener and recorder.

Share the question(s) they are going to reflect upon, for example, at which moment in my life did I learn the most valuable lesson? What was present then? Tell them that they have 10 minutes in each role and that you are going to tell them when half of the time is left, as well as when to switch roles.

Give all instructions before you divide them up into groups of three (preferably group participants that do not know each other very well) and ask them to decide who is going to start in which role.

Distribute three papers and some pencils to each group and let them spread out and start.

After 10 minutes, let the participants know it's time to switch roles (make a sound, ring a bell, put on some music so they know they should finish and start over with different roles).

Repeat the process, until all participants are in all roles.

After sharing is complete, invite all the participants in the plenary and debrief with the following questions: What happened? How was this for you? How did you feel when you had to share? How did you feel being in different roles? Which one was the most comfortable for you? What was the most important thing you learnt or realized?

You can also see how the method works in practice: <https://www.youtube.com/watch?v=zUvCCsKaUFc&feature=youtu.be>

