

Interpersonal Skills



Below are a few activities which develop interpersonal skills through non formal activities:

1. I can change!

Age: 18+

Number of participants: 10-30

Skills: interpersonal skills, social critique.

Instructions: Make groups of 5-5 actors from the large groups. The 5 actors have to perform a scenario that represents a negative/unfair situation. When the play is finished, introduce the public with the rules. The public are those participants who are not acting at any given moment. They have to perform



again the same situation and the audience can stop the play and interact with the actors changing the negative outcome of the play. Give space for audience to change the situation to a positive ending.

Evaluation: Reflect and analyze with audience what happen and what was changed. Propose outcomes and alternatives.

2. Christmas Elevator

Age: 18-30

Number of participants: 12-24

Skills: communication, creativity, team work, tolerance, collaboration

Materials needed: character cards

Instructions: Divide the group in groups of minimum four people. Put them into the situation: four people get stuck in an elevator. They are different kind of people. They stayed in this elevator for 2 hour already. They have to think about a way to get out from this situation. They have 10 minutes to find solution. They have to act like if there was not electricity and the air is running out in 10 minutes. Don't forget to tell them that that it is Christmas time. They have to play different characters that are written in the mission cards that you will give them at the beginning of each activity. The roles can be specific ones such as painter, prostitute, doctor, housewife, teenager, PR manager, billionaire, etc. Give everyone 1 minute to understand their role and then start the elevator simulation. Pass the 10 minute time to find the solution to go out.



Evaluation: group reflection about how it was, how they felt how they took their decisions, etc..

3. Set the puzzle

Age: 18+

Number participants: 2-30

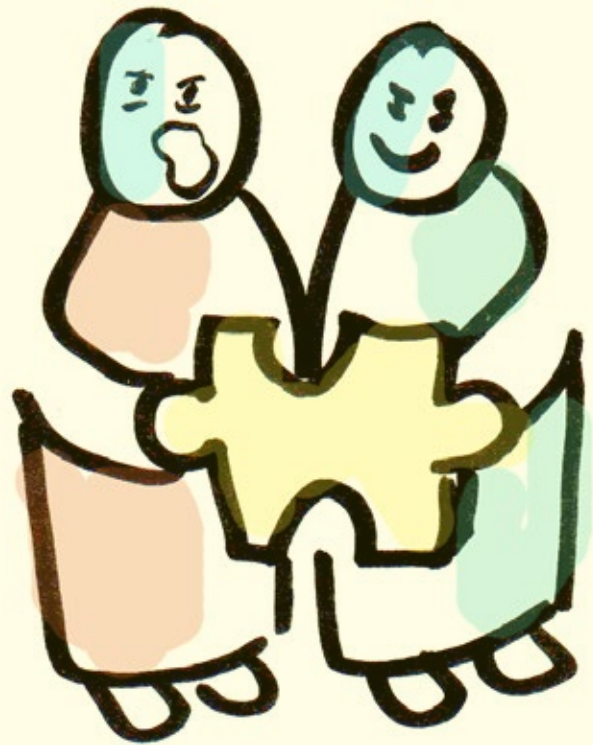
Skills: interpersonal skills

Instructions: This game has 3 steps and 2 rounds. First, make pairs and choose a leader and a follower. The leader is giving tasks to the follower, who acts according to the tasks. The tasks have to be doable and within limits of common sense. This has to be made clear by the facilitator. Here are the steps

1. Follower is allowed to speak.
2. Follower is not allowed to speak
3. Follower cannot speak and see

For the second round, the roles have to change, leader becomes follower.

Evaluation: participants get together and start with sharing how they feel. Then they talk about what happened in the activity, then about how they acted in the different roles and lastly about what they learned about themselves and about their pair..



4. Spider net

Age: 18-40

Number of participants: 20 participants

Skills:

Materials needed: rope, place with trees.

Instructions: Put a rope between 2 trees and create circles of different sizes. Tell the people that they have to hold hands and they have to cross to the other side of the rope. They are allowed to go through the holes (two people in a hole max) or over the rope. The game finishes when all the people are in the other side. NB! You cannot touch the rope. If you do, everyone has to go back

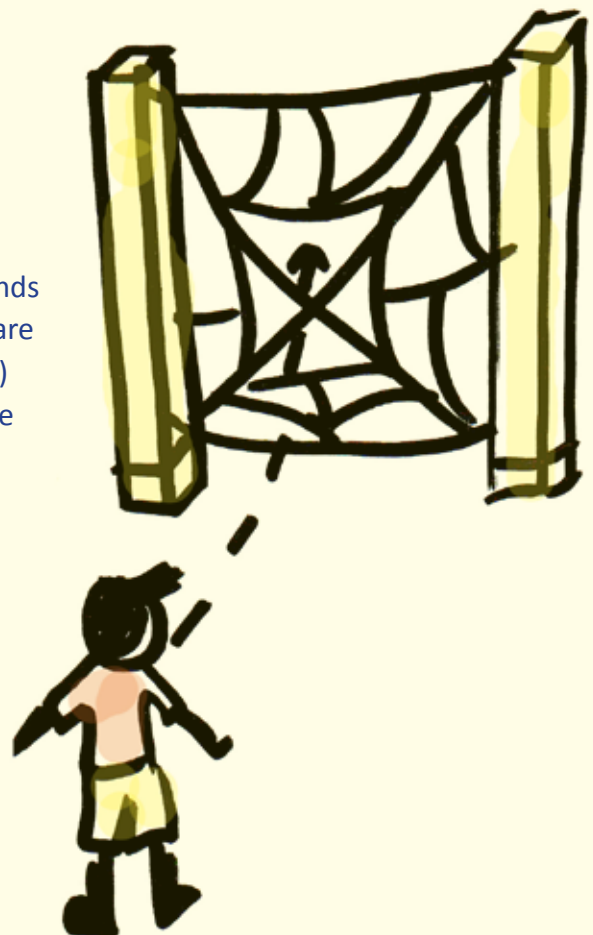
Evaluation:

Group reflection regarding the following questions:

Who took over the lead?

Who took decisions?

How did you manage to communicate?



5. Soft skills circle

Age: 18-30 years

Number of participants: 4 to 10

Skills: soft skills, empathy, memory

Materials needed: Stick, papers and pen.

Instructions: Everybody takes a piece of paper and writes the soft skills what they think they are good at. They have to leave those papers at different places of the room, creating a circle. The leader writes the soft skill and its definition. They have to start moving around the circle until the leader says "stop". Then they must pick up the paper in front of them and read the soft skill and the definition, one by one. Then they start again, leader says stop and they pick up the paper in front but this time they give that definition and one example of this soft skills from their life. Finally, they have to guess what skills belong to whom.



Evaluation: The group reflects on topics such as feelings, learning and they have to explain why they picked this person that they give the skill to in the end.

6. Blind frames

Age: 18-30

Number of participants: 1-20 participants

Skills: Team work and communicate.

Understand and communicate with each other.

Materials needed: rope and scarfs.

Instructions: The facilitator asks the group to select a leader. Everyone, except the leader will have to cover their eyes with scarfs, so that they do not see. The task of the people who do not see is to create a square and then a triangle and then a hexagon of people holding the rope. Every side of the shapes should be equal. The leader can only explain how they can build the shape but he/she cannot reply to questions from participants. They are allowed only to listen and follow the leader but not to talk and ask questions. The task is for 10 minutes. The facilitator is watching the process.



Evaluation: participants share feelings, what was difficult and how they felt.