

Multiple Skills



Below are a few activities which develop multiple (communication, interpersonal, decision making, etc.) skills through non formal activities:

1. (In) BOX (out)

Age: 18-30

Number of participants: 6 - 36

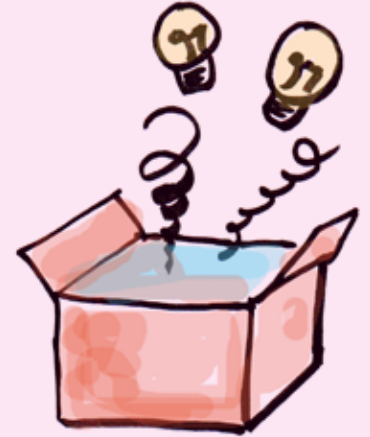
Skills: decision making, creative thinking, communication, stress management, time management, sense of humor, team building.

Materials needed:

Instructions: A trainer suggests his problem that he deals with and asks for advice from the groups. As the trainer has a sense of humor, he is asking not only serious solution, but also solutions “out of the box”. Example of situation; I’m in USA with a friend and we rent a car. We were supposed to drop off the car back at the rental agency till 22:00 o’clock. We were there at 21:00 as at 22:20 we were having a bus from Boston-Washington. But when we got to the agency, the parking was closed. We were not able to leave the car and we lost the bus (50\$ ticket) and we could not go with the car to Washington because we had no more money. But the drop off to Washington, instead of Boston cost 200\$ extra. We can spend only 50\$. What should we do? NB: We don’t have money to stay the night in Boston. We are 4 people.

Each group has to offer 5 inbox and 5 outbox solutions for the problem.

Evaluation: Trainer will ask the following questions in the group reflection: Why it is necessary to think out of the box? Was it easier to find inbox solutions or outbox solutions? Then they will try to find common things of the group solutions



2. In Someone’s Shoes

Age: 18+

Number of participants: 10-30

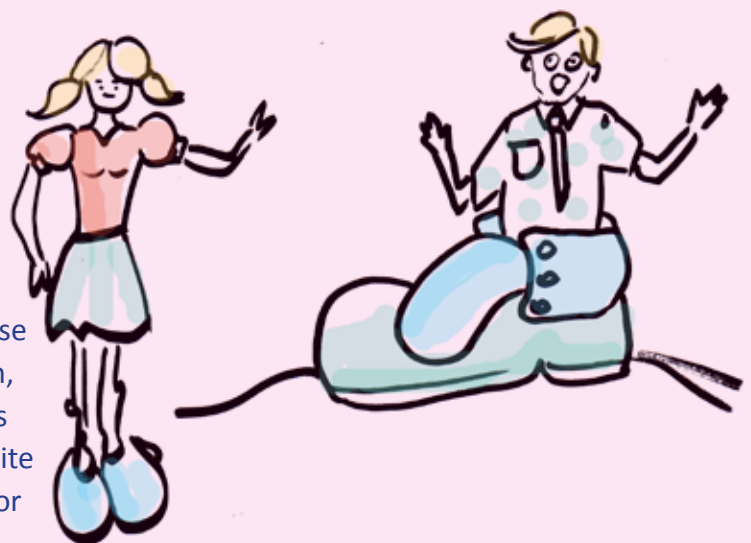
Skills: tolerance, decision making, team work, argumentation, communication, listening

Materials needed:

Instructions: Divide the group in two and propose a controversial topic: racism, minorities, religion, politics... One group has to write negative things about the topic and the second group has to write positive aspects. The groups have 10 minutes for description and present their points of view.

Then, groups have to change roles (negative/positive) and think about the same topic and discuss.

Evaluation: Come back in the main group and talk with the participants about the roles changed and reflections.



3. Debating Club

Age: 18+

Number of participants: 8-16

Skills: presentation skills, negotiation, listening, teamwork, leadership, time management, self-confidence, conflict management, decision making

Instructions: Create 2 groups. Choose a topic one week before the activity. On the day of the activity, pick a paper with a position (example: Agree or don't agree). The facilitator will invite a jury of external people related to the topic and a timekeeper.

The duration should be 1 hour: First stage:

Each group has 10 minutes to get prepared for a debate.

Each group has to choose a representing person.

The representing of the 1st group has 1 minute to explain their opinion. The other group can't interrupt him. Then the 2nd group presents their point of view in one minute through their representing person. Second stage: Each group has 5 minutes to get prepared. Then they can keep the same representing person or choose another one. Same as previously, each group will have 1 minute to present his point of view. Third stage: same as stage 2. End of the game: the jury will give their feedback and select the winner.

Evaluation: Then the facilitator gets the feedback from the groups and the jury, asking them about the running of the debate, the things to improve and change from the debate point of view..



4. Soft Skills Pursuit:

Age: 18-30

Number of participants: 8-24 persons

Skills: decision making, communication and interpersonal skills, emotional intelligence.

Instructions: Divide the group in 4 teams. Each team has to throw a dice in order to decide who plays first. The teams throw the dice and make the steps that the dice says. The direction is optional (right, left, forward...) each corner in the room will have a color represent an activity:

Red: guess the emotion without using words

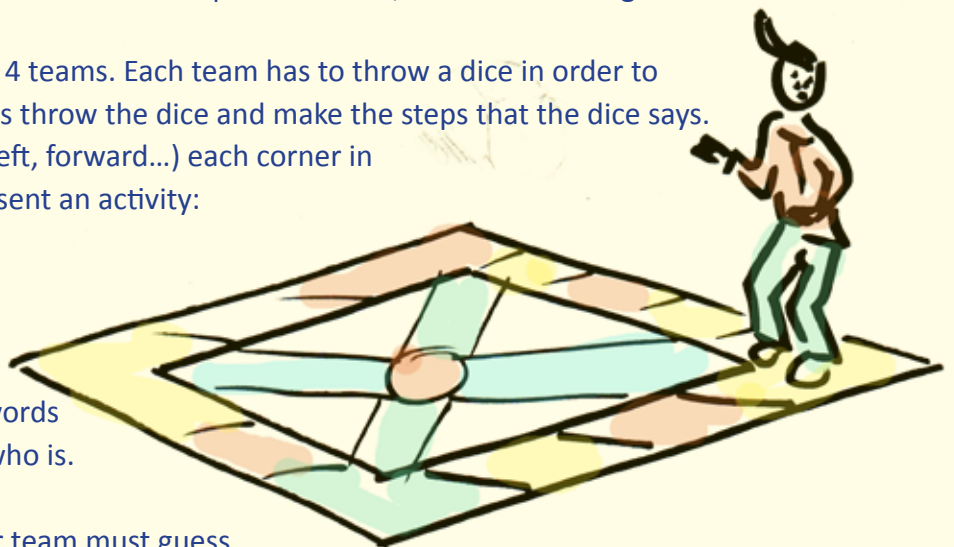
Blue: describe a person with 3 words and your group has to find out who is.

Yellow: draw a soft skill and your team must guess.

Green: guess something that happened in your life by using 3 keywords.

The winner is who will collect the 4 point that there are in the corners.

Evaluation: Once the game is over, the participants sit back in a circle and discuss how they feel, what they achieved, what they learned and how they can use this experience in their work and in their life.



5. The shooting mark

Age: 18+

Number of participants: 3-10

Skills: goal setting, setting priorities

Materials needed: diary

Instructions: Every participant creates one roulette in their diary and defines the areas of their life that needs to be improved by setting the priorities among them and setting the goals with a specific deadline (1 day, 1 week, 1 month...).

Evaluation: After this time limit passes, there is a group evaluation setting new goals and distributing the priorities again.



6. Building a tower

Age: 18-30

Number of participants: 8-12

Skills: communication, leadership, creativity, teambuilding, decision making, negotiation, time management and keeping the rules.

Materials needed: newspaper, tape, matches, toilet paper tubes...

Instructions: Two groups are created. The facilitator give groups the task to build a tower (every group has to build only half of the tower, in different rooms). They have 7 minutes to make a plan. The leaders of each group meet together and negotiate and discuss the way they want to build the tower. Then, they have the 3 minutes to connect both parts. After discussing, the leaders go back to their group and have to adapt the plan to leader's discussion: 10 minutes. At the end, they get together to connect the 2 parts to see how it works, if it is stable and functional: 2 minutes

Evaluation: Everyone gathers and discuss how the group decided? How it worked after the leader's talked? What would they do differently? What did they liked? And how they felt during the activity?



7. Dance with Me!

Age: 18-30

Number of participants: 10-30

Skills: communication skill, team work presentation skill, interpersonal communication, negotiation.

Materials needed: music!

Instructions: Participants are divided in groups of min. 5 people. Every group will choose mood or emotion and they will have to perform this emotion through dance so they have to create their own choreography and find own music...

Evaluation: Facilitator will ask the participants to evaluate the game with different kind of movement or dancing.



8. Look, Describe and Write

Age: 18-30

Number of participants: 15-30

Skills: creativity, team work, communication, listening, decision making.

Materials needed: pictures and paper with text (the same number that number of groups)

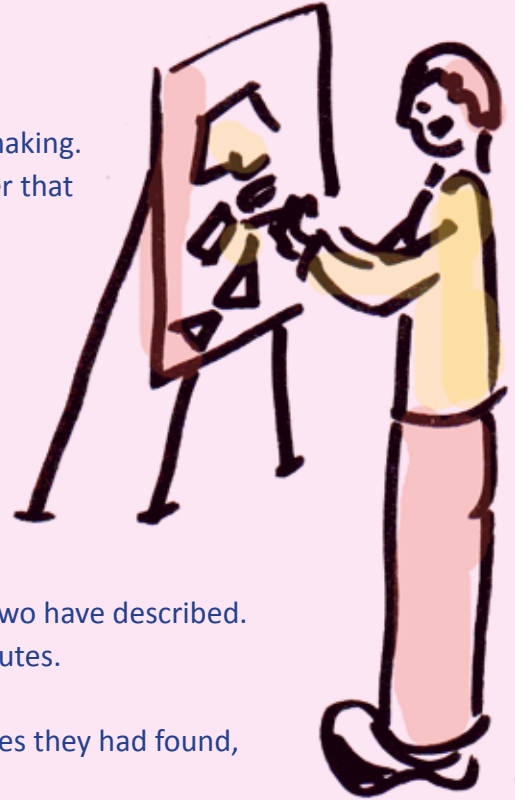
Instructions: Facilitator makes groups of 5 or more participants.

Outside of the room or in a place little far away, there are pictures and papers with text for each group.

One person of each group must go outside and see the picture and other the text (only during 5 seconds). Then, they have to enter and try to explain to their group what they saw.

One person of the group has to draw and other writes what the two have described. The facilitator has to manage the time. Time of the game: 20 minutes.

Evaluation: facilitator has to ask to the participants what difficulties they had found, how they felt and what they learned



9. Brain ring. (Crossword)

Age: 18+

Number of participants: 20-30

Skills: team work, self-confidence, time management, leadership, work under pressure, conflict management, interpersonal skills, risk management, decision making.

Materials needed: sheets with words

Instructions: Create groups. Introduce the participants with the rules and explain them that they should guess the words on the sheets provided to them (by the questions asked by the facilitator).

For each question they have 30 seconds.

The group should select only one person to give the answer. The selected person should give the answer to the facilitator on his ear.

2 point will go to the first correct answer, 1 point goes to other correct answer to the same question, 0 point if there is no answer, -1 to wrong answer. Each group can give only one answer to the question. The group with more points wins.

Evaluation:

Evaluation; feedback are received from the groups by the facilitator.

