Title: Throw the ball

Exercise Code SLINTEGRA045

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| Modules: | Group size: | Duration: |
| 1. Social Learning  5. Conflict Solving Strategies | Small group  Large group | 15 min |

**Purpose:**

* To learn about conflict resolution activities
* To recognize your own emotions
* To develop Emotional self-awareness

To strengthen one’s own self-image and self-confidence

**Description:**

Have the participants stand in a circle. Begin by completing the sentence, *"I feel (angry, happy, sad…) when ..."* Pick a participant to restate the sentence, filling in his/her own feeling. Throw the ball to that person. After that participant restates the sentence, he/she then tosses the ball to someone else, who restates the sentence with their own feeling. Move through the group in this fashion.

**Material:**

Soft ball

**Methods:**

The exercise can serve as an ice breaker to other exercises that deal with the area of understanding one’s own emotions. The group shouldn’t stand too wide and it is better to create a smaller circle to better pass on the ball.

**Advice for Trainer:**

The trainers should allow each participant as much time as they need. Each participant will need a different amount of time and it is important that they don’t feel rushed.

**Source/Literature:**

INTEGRA INŠTITUT, Inštitut za razvoj človeških virov