**SOCIAL LITERACY EXERCISE FORMAT**

1. Module (title and number):
2. Exercise name: **A Heart Talk**
3. Purpose: communication tool to surface and release any unexpressed emotions; enhanced listening skills, greater sense of connection and bonding, constructive feelings expression, improved conflict resolutions skills, abilities to let go of resentments, development of mutual respect and understanding
4. Duration/Time frame: 1 hour
5. Participants: n.a.
6. Group size: any size group of between 2 and 12 people
7. Material: make a stuffed red velvet heart(s)
8. Methods: experiental learning
9. Description:

Make a circle (or sit around the table) and introduce the basic agreement that:

1. only person who holds the heart talks
2. there is no judging or criticizing what anyone else has said
3. you talk about how you feel
4. information are confidential
5. you don’t leave the talk until it’s declared complete

A Heart talk completes when everyone said something. Ask the group to agree to these Guidelines. Only in this way the talk doesn’t deteriorate and lose it’s value. Agreement is good to write down on the paper or whiteboard. Go around the group ta least once with everybody getting one turn. (Keep going around the group until the times run our OR no one has anything more to say).

You can use any object to pass around – a book, a movie, sport, school, food, cars…

The method remind everyone that we are hearing is coming from the other person’s heart.

Close the session with the feedback (by using the rules).

1. Advice for Trainer: explain there is a value of using a structure for communication that guarantees a deeper level of listening
2. Source/Literature: Originated by Cliff Durfee (Extracted from): Canfield, Jack. 2007. The Success Principles. HarperCollins Publishers, New York
3. Handouts : /
4. Contributor (partner): Integra Institute (Sonja Bercko, NLP spec. practitioner, Psychosynthesis & Gestalt Therapist)