Title: What a Bunch of Characters

Exercise Code: SLINTEGRA047

|  |  |  |
| --- | --- | --- |
| Modules: | Group size: | Duration: |
| 5. Conflict Solving Strategies  6. Problem Solving Strategies  1. Social learning | Individual  Small group  Large group | 30 min |

**Purpose:**

* To understand different methods of handling conflict
* To learn about one’s own character and personal traits
* To encourage thinking about solving conflicts in a positive manner
* To recognize one’s own positive and weak personal traits/characteristics

**Description:**

Split large groups into smaller teams of four to seven participants (having at least three teams is desirable). Ask each team to come up with three well-known “characters” and to write each name on its own slip of paper.

The characters can be real or imaginary, alive or dead, famous, but no criminals, please. Tell them that, ideally, the characters should have distinctive personalities. Some examples are Superman, Gandhi, Einstein, James Bond, Rocky, Harry Potter, Darth Vader, or Lucy from Peanuts.

Collect all the slips of paper and then have each team choose two from the bunch and complete a handout for each character.

After 15 minutes, ask teams to report what they learned from their characters.

Discussion Questions

1. Which characters handle conflict the most effectively? In what ways are they effective?

2. Which characters don’t handle conflict well? What do they do that’s ineffective?

3. What are some techniques we can learn from our characters to help us resolve conflict?

4. What are some weaknesses we can be aware of?

5. What are some things we can teach our characters?

**Material:**

Paper, pens

**Method:**

Role play, discussion

**Advice for Trainer:**

The facilitator can create the character slips in advance.

The essence/basis of the exercise is that the participants become aware of their own personal values, qualities as well as the weak points of their character. The trainers should devote the same amount of time to both points of character, because both the positive and the less positive personal characteristics allow the person to deal with conflicts, in their own way. At the end, a cue for the trainer can be what a person can do with the weaker qualities, to make them stronger and use them to help solve life's challenges.

**Source/Literature:**

Adapted from “The big book of conflict resolution games: Quick, Effective Activities to Improve Communication, Trust, and Collaboration” by Mary Scannell, Mc Graw Hill 2010.

**Handouts:**

* What a Bunch of Characters