Title: Ball game in a circle

Exercise Code SLQUALED002

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| Modules: | Group size: | Duration: |
| 1. Social Learning  8. Situational Awareness | Small group  Large group | 20 min |

# Purpose:

This exercise is a good activity to relax and contribute to action-oriented learning of verbal and non-verbal communication.

# Description:

Participants are standing in a circle. There are two steps:

First step: The balls are to be thrown without speaking as quickly as possible. After a few minutes the activity is interrupted and the next step is explained: throw the ball only if eye-contact has been established with another person.

In the end the differences of the two phases are reflected and focus is drawn to verbal and non-verbal communication.

# Material:

2 small soft balls

# Methods:

Experiental learning

# Advice for Trainer:

# Source/Literature:

Modified and adapted from: Handbook Labour Office & Clients  
Improving the Communication Between Labour Office Advisers and Their Clients   
Úrad Práce, Dunajská Streda 2006