



## Outline: **Experiential activities**

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**School, country:** Lyceum of Kato Achaia, Greece

**Subject:** Acceptance - Collaboration

**Title of the activity:** “**Me and others**”

**Level:** 1st class (15-16 years old)

**Date:** January 2017

### **Justification and description of the activity:**

In order to learn to respect others and to put into practice tolerance, we must first know ourselves and others so as to discover that no one is the same as another. The group of 17 pupils participating in Erasmus – RESPECT, visited the specialized mental and social health promotion center “Kallipolis” and participated in experiential activities by the guidance of experts. This activity was followed by one more meeting at school where students presented their experience.

### **Sequence of activities:**

- **Activation activity**

Pupils stand up and form a circle holding each other's hand. The teacher passed a hoop at two students through their joined hands. Students helping each other, raising their hands or bowing, managed to throughout the hoop around the circle without leaving their hands or use their fingers.

- **Activity for self-esteem**

Students, sitting in chairs, form a circle and the teacher throw a ball to one of them. The student who catches the ball says an element about himself which makes him feel proud, as well an element of the adjacent student that he would like to have. Then this student throws the ball to another and the process continues until all students speak. After, each student says what he discovered about himself and others.



- Trust and collaboration activity

Students gathered in a piece of cloth that was stretched out on the floor. They had to work together in order to find a way to turn upside down the piece of cloth while they were on it. This activity was done in two groups.

- "I am", "I like" and "I dislike" activity

Students work in groups of 4-5 persons. Each group is sitting in chairs placed in a circle. Each student says something that he likes and something that does not like. Students can refer to anything they like and do not like feelings, characteristics, concepts, etc. Similarities and differences become more clear and precise.

- Presentation of the experience

Students (divided in 3 groups of 5-6 persons) presented experience and feelings gained by the above activities.

### **Products/instruments of evaluation:**

Students discussed about how they perceive diversity, respect, acceptance and collaboration. They expressed their feelings and they identified the benefits of participating in these experiential activities. Finally they collaborated and presented their experience from actions in which they were involved.

### **Sessions:**

Two sessions (1 at "Kallipolis", and 1 at school).

### **Grouping:**

The whole group, or groups of 4 - 6 students, according to the activity.

### **Resources:**

Paper sheets, colored pencils, balls.

### **Spaces/Contexts:**

Mental and social health promotion center "Kallipolis", school library.

### **Recommendations of the authors for putting it into practice:**

This activity is suitable for tightening relations between members of a group, as well as the development of cooperation and acceptance relations.

## Photos

