

# Guidelines for Active Citizenship

## Methods for work with

### Values Exercise “On the Edge” EU-project, Socrates 2.1

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**Group size:** 10-15 participants

**Age:** 14-19 years old

**Agenda:** 1. Two workshops with values exercises 1, 5 – 2 hours/ spell of work, for preparation before the work with digital storytelling.  
2. A longer spell of work or a weekend for work with digital storytelling  
3. A meeting afterwards while watching the digital movies.

#### **A proposal for starting:**

\* **A call for a meeting**, Send out a papers with information about the project to teachers, pupils, participants and parents.

\* **A meeting**, for about 30 minutes, there the participants will have more information about the project. Questions and queries, and after that you can build a group of youth.

\* **Kick-off!** About 15 – 30 minutes before the first workshop or a day before! At the kick-off the participants of the group will meet each other! You can make a funny start for the project and serve some fruit and something to drink; talk about the project, maybe there is possibility to watch a film.

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**The Leader:** It is very important that the leader of the values exercises will be neutral in the work. Each one is free to have his/her own opinions. Each one has their rights to argue and discuss their point of view. But it is also important that nobody prejudices or feel stupid. The leader’s part is to create a fruitful working climate and lead the spell of work further.

**The Local:** The best is to have a relatively big room, where there is space both for work practice on the floor and furniture, tables and chairs.

The work with the values exercises is a preparation before work with digital storytelling.

#### **Material for the values exercises:**

- A big room, with a lot of space, tables and chairs
- Papers, A3 and A4
- Pens, different colours
- Post-it notes
- Glue, tape
- Magazines, newspapers
- Music, CD- player
- Box, or a bowl

## Workshop 1, Values exercises: 1, 5 – 2 hours

The aim with the workshop is ice-breaking, know each other, got some new point of views in different kind of questions. Focus on your own person contra others.

The time for the different exercises is just a hint of what can be needed, of course the individual engagement rule the length of the exercises.

<b>Moment</b>	<b>Time</b>	<b>What goes on</b>	<b>Aim</b>	<b>Material</b>
<b>1. Intro</b>	About 5 min	Everybody sit on chairs in a circle. A short presentation of the project. Clarify agreements, expectations and frames for the common spell of work	Present an open mind feeling and an allowed workspace for the participants. There will be no wrong or rights opinions.	Chairs in a circle
<b>2. Shaking hands</b>	About 20 sec	Everyone walks around pell-mell in the room and shakes hands with each other, very quickly	Everybody are allowed to see each other, and shake hands	Free space
<b>3. Pair talks Two and Two</b>  <b>Pair and pair</b>	About 10-15 min	After about 20 seconds the Leader says STOP! The person you hold in your hand you will work with in the “pair talks”. During about 30 seconds the two people in the pairs will find out three things they have in common, (has a dog, like to play tennis, and have seen the same movie...) After 30 seconds the pairs will present the common thing for the group.  Go together pair and pair. Try to find out three things they do not have in common (Nobody has a brother, nobody likes chicken, nobody has visited France...) Make a short presentation for the rest of the group	The group-members will in a short time know each other better and find out things they have in common.	Free space

<b>4. Categories'</b>	About 5-10 min	The Leader calls out different categories. Try to find others who think/do like you. (Are you a summer/winter/spring or an autumn person? Morning or evening person? Shopping or saving person?)	Who am I? What kind of person does other find me?	Free space
<b>5. Hot chair</b>	About 5-10 min	Everybody gets three papers each, to write down three opinions "what is identity?" The papers will be put in a box or a bowl. When all have put their papers they sit down in a circle. The Leader reads each paper, and if you agree with the opinion you stay up and change chair with another person. If you do not agree you sit down and do not change chair. If there is only one who agrees with the opinion he or she changes to the empty chair. After all papers/opinions are read, there will be an after discussion about the thoughts that came up.	What do I think of right now? To take a position about your opinion in different questions.	Table, Chairs (one more than the number of members) Paper and pens. Box or a bowl. Music and Cd-player
<b>6. Brainstorming</b>	About 5-10 min	Positive and negative things with living and stay in your country. Everybody stay around a table with big papers on. Everyone write down pell-mell whatever they find out the advantage and the disadvantage for living in their own country.	Quick and creatively find out advantage and disadvantage, thoughts and opinions, the first things you find out.	Big tables. Big papers, pens in different colours. Music and a Cd-player.
<b>7. Lists</b>	About 5 min	Everyone makes their own list over what is the best about your country. When they are ready, they sit down two and two and try to figure out/make a common list for the best alternatives. Open discussion afterwards with the whole group. Reflection.	To find out your own new thoughts, what do you think?	Tables and Chairs. Paper, pens. Music may be good to use.
<b>8. Mind maps</b>	About 20-30	Everybody makes their own personal mind map over		Tables and Chairs. Big

	min	their life – today how they live. Their family, friends, hobbies, school, spare time activities’.		paper. Pens in different colours. Music is good to use.  Tips: Show a mind map and how to do, before the start
<b>9. Exhibition</b>	About 10 min	Put up all the mind maps on the walls. Everybody can see each others maps.	Good to see how different each mind map can be.	Music
<b>10. Conclusion</b>  <b>Talking stick</b>	About 10 min	Assembly in a circle on chairs. A quick evaluation, what have been good or less good during the spell of work.  Use a “Talking stick”, can be a small thing you can hold in your hand. Put it in the middle of the circle. Each one who wants to say something about the spell of work, take it in his or her hand, while speaking. When he/she is ready they put it back in the circle for the next person who wants to speech. When nobody has any more to say, the Leader thanks all for a good job and finishes the spell of work.	Everybody has possibilities to say something about the spell of work, if they want. It is voluntary.	Chairs in a circle. A small thing you can hold in your hand (souvenir)

## Workshop 2, Values Exercises, 1, 5 – 2 hours

The aim with this workshop is to get a deeper comprehension of what is specific Swedish and what is typical European, thoughts and opinions.

The time for the different exercises is just a hint of what can be needed, of course the individual engagement rule the length of the exercises.

<b>Moment</b>	<b>Time</b>	<b>What goes on</b>	<b>Aim</b>	<b>Material</b>
<b>1. Intro</b>	About 5 min	Everyone sits on chairs in a circle. Thoughts and reflections from the last spell of work.	Start for the spell of work	Chairs in a circle
<b>2. Play</b>	About 5 min	The participants are requested to silently choose one person to fear and another as their defender. When the Leader tells them to start the play, everyone acts out their decisions.	Ice-breaking play. Just quickly get in common after the last spell of work.	Free space
<b>3. The Line</b>	About 10 min	The Leader put on floor six papers with the numbers 1-6 on each paper. Number 1 is worse and number 6 is the best one. 1-3 are negatives and 4-6 are the positives. The Leader asks questions there the participants will take a position on an issue: For example: “Young people in Sweden have a better life than young people in the rest of Europe”? Each one will choose a number on the line that agree with your thoughts, and stand on that paper. When everybody has chosen a number, then they discuss between each other in the “same group”. Thereafter a discussion for the whole group. Why did you choose the number?	The participants will have a reflection over their own and others thoughts and views in a specific question. Question about how good or less good they think Swedish young people lives compare with young people in the rest of Europe.	Free space. Six Paper with one number from 1-6 on each one. Put down the floor on an invisible line.
<b>4. Hot chair</b>	About 10-15 min	Everyone writes down on papers what they should decide about in the country if they were decision-maker. Put all decisions in a box or a bowl in the middle of the circle. When everyone is	About decisions, opinions and different point of views. Agree or not.	Chairs in a circle (one more than the number of members). Papers and pens. A box or

		ready, the Leader takes one by one and reads the decision. If you agree you stand up and change a chair with another one. If you do not agree you stay at your chair.		a bowl in the middle. Music and a CD-player while writing.
<b>5. 4 corners</b>	About 10 min	<p>The Leader asks a question about who influences your decisions in life? About your choice of school? Choice of vocational training? Choice of lifestyle? Etc. The Leader points at different corners in the room. Each corner represents a choice.</p> <ul style="list-style-type: none"> <li>- Parents</li> <li>- Friends</li> <li>- Teachers</li> <li>- Sisters and brothers</li> <li>- Idols</li> <li>- .....</li> </ul> <p>The participants are requested to go to the corner that agreed with your points of view. Discussions in the small groups, why you just chose that corner. Thereafter open discussion in the whole group.</p>	About who rules your life?	Free space
<b>6. Brainstorming</b>	About 15 min	Put two big papers on two big tables. On each of them the participants write down pell-mell positive things and one another with negative things with Europe. When everybody is ready, they can walk around and read all ideas.	Thoughts positive and negative ideas about Europe	Two big tables. Two big papers. A lot of pens in different colours. One paper for positive and one for negative things.
<b>7. SWOT</b>	About 15 min	Strengths, Weakness, Opportunities and Threats about the spirit of the European togetherness. Put 4 big papers on a wall, one for each of the SWOT's. Everybody put on piece of papers, notes were they wrote down strengths, weakness, opportunities and threats. When it's ready, the Leader	Deeper reflection about the SWOT's with Europe	A free wall. Big papers. A lot of piece of paper, note blocks. A lot of pens.

		asks the members why? Argue, discuss together.						
		<table border="1"> <tr> <td><b>Strengths</b></td> <td><b>Weakness</b></td> </tr> <tr> <td><b>Opportunities</b></td> <td><b>Threats</b></td> </tr> </table>	<b>Strengths</b>	<b>Weakness</b>	<b>Opportunities</b>	<b>Threats</b>		
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<b>8. Mind maps Future vision</b>	About 20-30 min	Each one makes their own mind map about their dreams, vision about the future. How do I live in 5 or 10 years? What am I doing, working with? Put up on walls. Everybody can see each others.	The participants have the possibilities to reflect over their own future and visions.	Tables, chairs. Paper and pens in different colours. Magazines, glue, tape. Music and CD-player during the spell of work.				
<b>9. Conclusion  Talking stick</b>	About 10 min	<p>Everyone assembles together in a circle, sitting on chairs. Reflections and thoughts about the spell of work. Next step is to work with the Digital Storytelling. All we have work with until now, we can use in our stories.</p> <p>Use a “Talking stick”, can be a small thing you can hold in your hand. Put it in the middle of the circle. Each one who want to say something about the spell of work, take it in his or her hand. When he/she is ready put it back in the circle for the next person who wants to speech.</p> <p>When nobody has any more to say, the Leader thanks all for a good job and finish the spell of work.</p>	Everyone has possibilities to say something about the spell of work, if they want and it is voluntary.	Chairs in a circle. A small thing you can hold in your hand (souvenir)				

Eva Daréll May 2007