

Young Migrant Integration Leaders [EXEMPLAR]

IO1 – Integration Leaders Curriculum

Lesson Plan

Module 3: Effective Communication

Unit 1: Non Violent Communication

<i>Description of the Learning Activities</i>	<i>Timing (minutes)</i>	<i>Materials/ Equipment Required</i>	<i>Assessment/ Evaluation</i>
<p><u>Workshop Opening:</u> The Facilitator welcomes the team and presents the schedule of the day.</p>	<p><u>10 min</u></p>	<p>Training venue with IT equipment for all participants;</p> <p>Flipchart and markers;</p> <p>Sign-in sheet;</p> <p>Pens and note-taking</p>	<p>Participants will engage in all group activities</p>

<p><u>Activity 1: ‘Zip, Zap, Boing’</u></p> <p>This activity aims to energize the group.</p> <p>The group stands in a circle. The instructor passes an imaginary form of energy to the person next to him by clapping his palms together and saying ‘zip’. The next player must then repeat, and the energy passes around the circle.</p> <p>Following that, the second form of travel is introduced, which is ‘zap’ and indicates that the energy should move in the opposite direction.</p> <p>Lastly, when the instructor shouts ‘boing’ the person having ‘zip’ must raise his/her hands in the air and pass the ‘zip’ across the circle. The speed should increase as well as energy as the game progresses.</p>	<p><u>10 min</u></p>	<p>materials for participants, A4 paper</p> <p>Boombox to play music</p> <p>Beamer, Laptop and screen</p>	
<p><u>Activity 2: ‘I Hear You Saying that...’</u></p> <p>The aim is to introduce the key ideas of Non Violent Communication.</p> <p>Introduction:</p> <p>The instructor introduces the group to the workshop and the key ideas of Non-Violent Communication (NVC):</p>	<p><u>30 min.</u></p>		<p>Participants will engage in all group activities</p>

<p><u>Two components of NVC:</u></p> <ul style="list-style-type: none"> • Empathetically Listening & Honestly Expressing <p><u>Four components of NVC:</u></p> <ul style="list-style-type: none"> • Observations, Feelings, Needs, and Requests <p><u>Four Steps in 'Self- Expression' Mode:</u></p> <ul style="list-style-type: none"> • Observe without evaluation judgement or analysis • Express feeling evoked by these observations • Express needs that are connected to these feeling • Make a specific request for someone to accomplish (unmet need to enrich the lives of others). However, he/she is free to decide to honour or decline the request. 			
<p><u>Activity 3: Connection:</u> Once entering the room, the participants are asked to connect visually to each other. Sitting around the circle, each one should take their place in the centre and visually (without any words) greet with their eyes the</p>	<p><u>25 min.</u></p>		<p>Participants will engage in all group activities</p>

<p>rest of the group.</p> <p>Following that, they get more time (app. 3 minutes) to connect in any other way appropriate by focusing on the people they had less connection with by this time.</p> <p>Finally, feedback will be discussed. (What did we do? Why? How is it linked with nonviolent communication?)</p>			
<p><u>Activity 4: Active listening and observation.</u></p> <p>The group is separated into teams of three. Participant 1 & 2 are discussing their summer holidays. P. 1 describes the highlight of his/her summer, while P.2 actively listens. Once the story has ended, P. 2 describes an unpleasant moment of his/her summer, whereas P.1 is actively listening. (Each story should take no more than 3 minutes).</p> <p>Participant 3 is the observer and shares short feedback focusing on active listening skills. Participant 1 & 2 are also exchanging their feelings, i.e. at which moment they felt that the partner was listening attentively and when not. Why?</p>	<p><u>25 min.</u></p>		<p>Participants will engage in all group activities</p>

<p>Debriefing for the whole group:</p> <ul style="list-style-type: none"> • Was it easy or hard? • What techniques were used by the active listener? (Write them on a flipchart) • What is the difference between observation and evaluation? <p>Collect ideas from the group on how to be an active listener. The trainer adds more and share hints.</p>			
<p><u>Needs and feelings:</u></p> <p>Each person should think of an unhappy situation in their life and create a sentence describing it (e.g. “he never listens to me”).</p> <p>They should shut their eyes and repeat their sentence 10 times while noticing what is going on in their bodies. Short feedback should be given: What did you notice? What is happening? Is it a neutral observation? Why can you not be neutral in this case?</p> <p>The trainer will then introduce the group to the forest of</p>	<p><u>20 min</u></p>		

<p>feelings. Which feelings did they experience and/or could experience in this situation? The participants share some comments.</p> <p>The trainer then introduces the group to the forest of needs. Which of their needs is not satisfied in this situation? Are needs (met or unmet) and emotions connected to our feelings? Short comments are shared.</p> <p>The trainer would then read several phrases and ask the participants to switch between the forest of feelings and needs when appropriate (Satisfied or unsatisfied)</p> <p>Some Examples are: How do you feel when...</p> <ul style="list-style-type: none">• You are in a hurry to the airport, and there is a huge traffic jam• You are relaxed• You witness offence and aggression towards an elderly person• You are tired after a long day at work, but you have to help your boss whom you dislike			
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<ul style="list-style-type: none"> • After typing 20 pages of an important essay but your computer dies • When important people you respect make positive remarks about your project. • Participants add some examples from their life 'when they felt when their need for..... was met or unmet'. <p><u>Conclusion:</u> The participants are asked to alter their original sentence into something along the lines: 'I love it when... things are predictable'. They should close their eyes, repeat this sentence and compare what is happening to their body now and how it differs from the previous sentence?</p>			
Total duration of the module	2 hours		