





Inside the circle


Developed by Kirkelig dialogcenter

 **AIM:** A fun activity that identifies the tension between being an individual and belonging to a group.

 **Participants:** 10 - 20

 **Duration:** 20 – 40 minutes

 **Required Material:** None

 **Category:** Dialogue exercise, energizer / inter-cultural, homogeneous

THINGS TO CONSIDER

If no one asks politely to enter the circle, after the exercise you can make a point of sharing the fact that many people think of using brute force before asking politely.

Works well as an energizer and a game to introduce a discussion about exclusion and group dynamics.

STEPS	
Preparation	You need room big enough for the participants to stand in a circle.
Activity (10 - 15 minutes)	<p>Ask two or three volunteers to go out into the hallway.</p> <p>When they are out of the room and cannot hear what is being said, instruct the rest of the group.</p> <p>Ask the participants to stand close together in a circle, locking arms firmly together and turn their faces into the circle. Their mission is to unite and not let others come in. With one exception, the key to the exercise: if the "excluded" person asks politely for permission to come into the circle. Then he/she is released immediately into the circle and becomes a part of it.</p>

	<p>If the circle gets destroyed and some of the participants are being pulled out, it is important that the circle opens for him/her on the other side. No one will be allowed to enter the circle by using physical force.</p> <p>Ask the volunteers to come back into the room, either one at a time or in pairs.</p> <p>Explain to them that they have to get inside the circle; if they want to work in pairs they are welcome to do so.</p> <p>They are also allowed to talk to each other about how to do it.</p>
<p>Reflection (15 minutes)</p>	<p>Questions for reflection could be:</p> <ul style="list-style-type: none"> • What did the volunteers see when they entered the room? • What did the volunteers do when they entered the room? • How does it feel to see all the others standing with their backs to them? • What strategies / techniques were used? • What made her / him change strategy? • How was it to detect the "key"? • How does it feel to be a part of the circle? • How does it feel to shut anyone out? • What kind of feelings did those in the circle have for the person that was banned from being in it? • In what other situations have the participants experienced the same thing? • Did some of the participants change feelings along the way?
<p>Conclusion (5 minutes)</p>	<p>It is universal for humans to want to be a part of the group.</p> <p>Thank everyone for their participation, summarize what was learned.</p>

