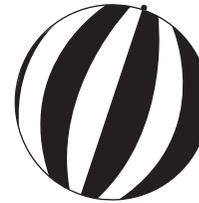


PASS THE BALL 10–15 mins



ICEBREAKERS AND WARM UP EXERCISES

Ice breakers and warm up exercises are designed to build rapport among participants and to get them in the mindset to start learning. The following exercises are time-tested techniques that have been adapted for this curriculum and trainers are encouraged to tweak them and bring in their own exercises where appropriate. These exercises can also be used at the beginning and the end of lessons to either warm up the class or to recap on topics learned in class that day.

MATERIALS

Ball

ABOUT

This exercise encourages group participation and allows those who are nervous about speaking in public to focus on passing the ball instead of just waiting for their turn to talk. Pass the ball can also be used at the end of a session to recap what students have learned.

INSTRUCTIONS

This exercise can either be carried out standing or sitting. Ask participants to move to the centre of the room and to form a circle. Once settled, the trainer introduces the exercise giving clear instructions to participants. The trainer states three things about themselves. For example, their name, where they are from, and one thing they would like to learn from the training. The trainer then passes the ball to their right and the participant has to say three things about themselves before throwing the ball to the person on their right. Once everyone has spoken the trainer concludes the exercise.

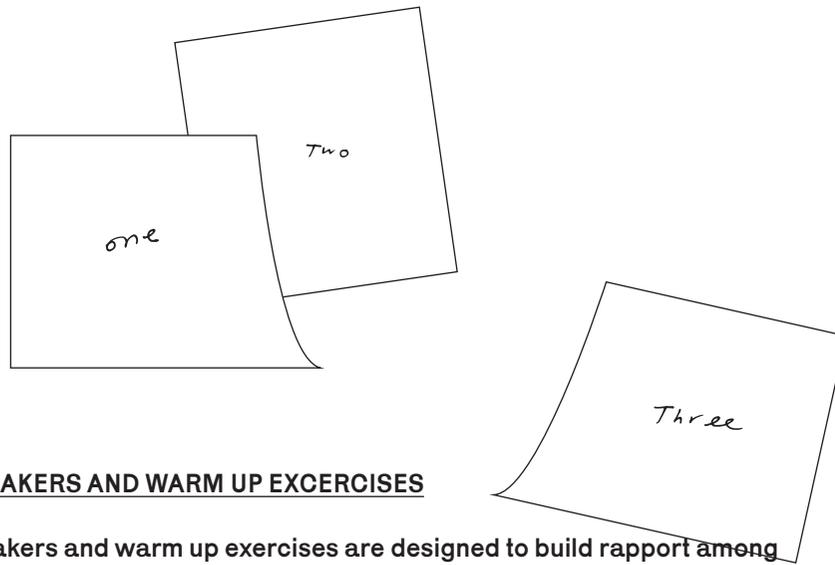
ADAPT ACTIVITY

A variant of the game involves throwing the ball to a random learner instead of passing it to the right. This ensures that participants will be more focused on the game as they will not know when it is their turn to speak. The trainer can also use this game to help learners wrap up a day's training, for example, instead of passing the ball and introducing themselves, learners can pass the ball and state one or two things that they have learned in the training session.

Safety Training for Female Journalists

Exercises and Supporting Materials
Day 1 — 4

SPEAK ABOUT...
20–25 mins



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MATERIALS

Pens, paper or Post-It notes

ABOUT

This activity helps learners focus on what they want to learn over the training session and to share those goals with others. This activity also helps to build rapport between group members over shared experiences.

INSTRUCTIONS

Tell participants that they are going to think about their job and the risks it entails. Tell them that they are going to first work by themselves to write down two to three things that they worry about with regards to risk and their work. They will then write down two or three steps they are currently taking to mitigate that risk and finally, two or three new things they would like to learn. The trainer draws a table on the board with the three categories and fills in each section with an example of their own. Tell learners they have just over five minutes to complete the table for themselves and afterwards they will be put into small groups to discuss their answers.

Once participants have completed the task by themselves move them so they are sitting in small groups. Ask people to introduce themselves and then choose one person from the group to begin the discussion. Participants discuss for around 10 minutes. Trainer that chooses one person from each group to give feedback. The feedback should be written up on the board by the trainer. Trainer then gives an overview of topics discussed and elicits group thoughts and feedback.

ADAPT ACTIVITY

This activity can be used by participants to speak about any topic as long as they are guided by the trainer. can also use this game to help learners wrap up a day's training, for example, instead of passing the ball and introducing themselves, learners can pass the ball and state one or two things that they have learned in the training session.