



Enhancing the social inclusion
of low income single parents

Communication Competence in the Mother Tongue

Practical Exercises

Elaborated by PA Step by Step



ASOCIATIA HABILITAS
Centru de resurse și formare profesională



KINDLING A BETTER WORLD



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Practical Exercises

What do you hear?

Materials: paper, pen, pencil

Description: This game is easy to play but not so easy to “win.” It requires participants’ full attention and active listening. Gather your group of participants together and hand out a piece of paper and a pen or pencil to each player. Tell them you will give them verbal instructions on drawing an object, one step at a time. For example, you might give them instructions like: Draw a circle within the square, such that it fits exactly in the middle of the square. Intersect 2 lines through the circle, dividing the circle into 4 equal parts. The exercise can become progressively more difficult with every instruction, and unless the group has listened to the instructions carefully, there can be no hopes of completing the exercise successfully. (<https://plentifun.com/>)

Origami

Materials: Sheet of paper (8.5 x 11 inches)

Description: Give one sheet of standard-sized paper (8.5 x 11 inches) to each participant. Tell your participants that you will be giving them step-by-step instructions on how to fold their piece of paper into an origami shape. Inform your participants that they must keep their eyes and mouths closed as they follow instructions; they are not allowed to look at the paper or ask any clarifying questions. Give the group your instructions on how to fold the paper into the origami shape of your choice. Once the instructions have all been given, have everyone open their eyes and compare their shape with the intended shape.

Make an interview

Materials: No materials needed

Description: The aim of this exercise is twofold. On the one hand, they will learn how to structure the sentences of the business world (with prior research of examples on the Internet), on the other hand, to prepare for a real job interview situation and how to respond as successfully as possible. Group should be divided to multiple pairs. One person in the team should be “playing” the role of the employer and other one is the candidate. The employer should prepare 10 question to ask the candidate and candidate should prepare 5 question as well. The leader of the exercise will be listening and after the practice interview comment on the good parts and parts that they should do more work on. Depending on time for exercise, rolls can be switched.



Telephone Exercise

Materials: CD player or mobile phone and speakers

Description: This classic exercise from Becky Norman (2018) at Sift's Training Zone illustrates why listening is such an important skill, and why we shouldn't ignore any opportunities to improve it. Split your group into two even lines. At opposite ends of each line, whisper a phrase or short sentence to the person on the end and tell them to pass it on using only whispers, one person at a time. They can only repeat the phrase or sentence once. While participants are busy passing the message along to the next person in line, play music or engage them in conversation to create some white noise. This will make it a bit more difficult, but it will mimic real-life conditions, where distractions abound. When the messages have made it to the end of each line, have the last person to receive the message in each line report out on what they heard. Next, have the first person to receive the message in each line report the original message and compare it to the final message received.

