



Enhancing the social inclusion
of low income single parents

Learning to Learn Competences

Practical Exercises

Asociación Caminos



ASOCIATA HABILITAS
Centru de resurse și formare profesională



KINDLING A BETTER WORLD



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Practical Exercises

Distribute your time

Aims: The participants can learn through planning ahead, brainstorming and exchange of good practices in small groups in relation to time management. The aim is to train organization skills and task management and to be able to link them to to own life

Materials: Pens, pencils, colours, computers, internet access, cards with times or the days of the week

Duration: 50 minutes

Description: Each small group gets a similar aim (For example, one has to organize chores + enjoyable activities during a day). Each group has to enumerate things that are needed to do during their week, keeping in mind what they would like to do. It should not be work-focused. Each group must decide on the chores and enjoyable activities they have in common (they will probably eat at the same time. They may do some kind of work at the same time too...) and distribute them in a sensible way throughout the days and the week. After a set time is up (20m) Each group presents their table to the whole group and explains how they would like to organize their week. They receive feedback and debate what could be better (advice, ideas, etc). After each group has expressed how they would like to distribute their time during the week, the practitioner can invite them to spend the next week following their plan and to find out if it suits them.

Start your own business/brand

Aims: To identify one's own goals, to become conscious of one's own skills and training needs, to develop oral expression and to share skills and knowledge between peers.

Materials: paper, pens, computer, flipchart, computer programs (ej: Microsoft Power Point) if anybody wants.

Duration: 60 minutes

Description: Each small group has some minutes to decide to start their own project. This can be a business, a brand, an NGO, a workshop... It can be anything they want, based on their abilities, what they would enjoy doing, what they think is profitable, etc. The important thing is that they can agree on what to do in the small groups. They can be invited to design a logo. It is important for them to decide on something they would



really like to do, apart from how useful or profitable they think it could be. The facilitator can ask some questions: what do you think could be helpful or useful for other people? what do you know how to do? What do you enjoy doing?

Each group presents their flipchart or computer image and explains their project to the big group: their name, what services they offer, what role each person has... They can ask the main group if they are interested in their services or they think it is useful. This can give way to a positive debate and a feedback.

At the end, the facilitator should ask the members of the group if they would be willing to give this idea a try and really start it in the near future (motivation to kick-start time bank)

What is the main idea?

Aims: To develop concentration skills and group learning, to learn to identify the main idea of a specific learning, to develop oral expression skills.

Materials: paper, pencils, markers, flipchart, a piece of text

Duration: 30minutes

Description: Each small group gets a piece of text. Each group can read the text together before beginning. Each group has the task of analysing the text: which is the main idea, what are other ideas, why is the text written (purpose) and is it relevant or useful to the reader in any way. They can take note, use markers... They can use the flipchart to underline the main ideas. They are given a set amount of time to carefully read the text and to discuss the ideas between the members of the small group.

After each round of explaining the text to the whole group, the explaining group listens to the feedback from the other groups (maybe there are other opinions or other ideas. Maybe there are other uses...)

At the end, each idea from each small group is put together to form a bigger general topic. The whole group can observe if there is a connection between these ideas.

At the end the question can be asked: what have you just learned? Is this new? Is this information useful?



Is it true? (Research and debate about true/fake news)

Aims: to manage and process new learning, to develop critical skills, to manage peer-to-peer feedback

Materials: A piece of news, internet access, computers, phones, paper, pencils, flipcharts...

Duration: 40 minutes

Description: Each group has to investigate about a specific news article. The articles are different, but the feature that they have in common is that they are recent news. In this case, it can be true or false, and each group has to get to a conclusion. Each group must search for reasons against and reasons for the truthfulness of a piece of news. Furthermore, each group will develop, on the basis of what they have discovered, effective methods to research and detect if a news article is true or false.

After 15 minutes of research, each group explains to the rest 1) their findings (evidence towards vs evidence against) and 2) their final conclusion. In their explanation they should explain how they got to this conclusion: what did they think at the beginning? What evidence did they find for their conclusion? Is there any evidence against this?

After each group have stated their final conclusion and stated their reasons for and against, there will be a positive debate between the large group. There may be a final answer. If not, each group can have their own opinion respecting the others.

Create an official Social Media page

Aims: To be aware of one's own skills, to develop basic oral expression skills, to identify one's aim and/or passion, to develop group learning and to manage peer-to-peer feedback.

Materials: Computers, internet access

Duration: 30 minutes

Description: Each small group must come up with an idea and a name for it. This idea can be a brand, a service, a passion, a humorous idea. The task is to create a social media page (Facebook, Twitter...) with a logo, the main theme of the page, what will be posted, what will it be used for and who is it aimed at. This could be a page that gives information about any topic (e.g. climate change, gender equality, music concerts



in a region, suggestions on nutrition, good practices on education, etc). It depends on their personal passions. It is up to them to create a social media page with all its details and its intention, but the facilitator can give some very general examples at the beginning. After creating it, each group will show their social media page to the whole group through a projector or a big screen explaining what it's about, what are the main aims of the page (e.g. to draw attention on a topic, to give suggestions, to make humour, to announce services or a product). The whole group can then give feedback and discuss what they think of it. Do they think it is useful, entertaining, a good idea...? Would they follow the page?

