



EWISSE
EUROPE WORKING FOR INCLUSIVE SEX AND EMOTIONAL EDUCATION



Co-funded by
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E-WISSE LAB

Name of activity	Communication origami
Description of activity	<p>Give one sheet of standard-sized paper (8.5 x 11 inches) to each participant.</p> <ul style="list-style-type: none">- 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. <p>Source: https://positivepsychology.com/communication-games-and-activities/#adults</p>
Who are the participants?	<p>This activity is foreseen to strengthen Youth Workers, skills such as active listening, empathy, effective communication, and emotional communication.</p>
Identification of the aims of the activity	<p>This is an exercise to help people understand that we all hear and interpret things differently, even if we are given the exact same information.</p>
Number of participants	<p>The idea is suitable for large or small groups.</p>
Duration	<p>30 - 40 minutes</p>
Materials for the activity	<p>One sheet of standard-sized paper (8.5 x 11 inches) to each participant, chairs and tables</p>
Identification of the competencies	<p>Effective communication, active listening, and ability to interpret information correctly.</p>
Suggestions for the post-activation debriefing	<p>You will likely find that each shape is a little bit different! To hit the point home, refer to these discussion points and questions:</p> <ul style="list-style-type: none">- Make the point that each paper looks different even though you have given the same instructions to everybody. What does this mean?- Ask the group if you think the results would have been better if they kept their eyes open or -were allowed to ask questions.- Communicating is not easy, we all interpret the information we get differently that's why it's very important to ask questions and confirm understanding to ensure the communicated message is not distorted.

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