

More (activating) exercises

Exercise 1: 1-2-3

Setting: 2 people stand opposite to each other and take turns counting from 1 to 3.
Duration: approx. 7-10 minutes

1st round

Person 1: „1“

Person 2: „2“

Person 1: „3“

Person 2: „1“

Person 1: „2“

Person 2: „3“

etc. for about 1 minute

2nd round: The number 2 is replaced by a finger click.

Person 1: „1“

Person 2: „Click“

Person 1: „3“

Person 2: „1“

Person 1: „Click“

Person 2: „3“

etc. for about 1 minute

3^d round: The number 3 is replaced by a clap.

Person 1: „1“

Person 2: „Click“

Person 1: „Clap“

Person 2: „1“

Person 1: „Click“

Person 2: „Clap“

etc. for about 1 minute

4th round: The number 1 is replaced by a stomp.

Person 1: „Stomp“

Person 2: „Click“

Person 1: „Clap“

Person 2: „Stomp“

Person 1: „Click“

etc. for about 1 minute

Followed by reflection in plenary

Exercise 2: Telling a story

Setting: An object is chosen by the audience. The participants get together in pairs. Together they tell a story about the chosen object. Each person says one word at a time.

Duration: approx. 10 minutes

1st round

Person 1: „Once“

Person 2: „upon“

Person 1: „a“

Person 2: „time“

Person 1: „there“

Person 2: „was“

Person 1: „a“

Person 2: „bike“

Person 1: ...

etc. for about 1.5 minutes

2nd round: The same in another constellation of two

Followed by reflection in plenary

Exercise 3: Introducing oneself

Setting: The participants get together in threes. Each person shows (or imagines) an object from his or her own bag and introduces him or herself to the others using this object.

Duration: approx. 6 minutes

Exercise 4: Telling stories about diversity

Setting: The participants get together in threes and tell each other a story about diversity from their own study and/or work experience.

Duration: approx. 12 minutes

Followed by reflection in plenary

Translated by



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