Review nonviolent action history with a group to help them place their strategic choices within a broader history of social movements and powerfully ground the practice of nonviolent action.

**TRAINING ACTIVITIES**

- **TIMELINE WALL**
- **DOCUMENTARY & DISCUSSION**
- **MUSEUM OF PEOPLE POWER**
- **DISOBEDIENT IMAGES**
- **IDEAL COMMUNITY**

**MODULE 1**
**TIMELINE WALL**
A collaborative, knowledge-driven, written exercise for situating our present movements within the historical trajectory of nonviolent resistance.

**Materials**
Paper, pens, tape or sticky notes, historical reference materials (if needed)

1. Create a large timeline on a wall.
2. Write up and post activities associated with nonviolent movements.
3. Do a Gallery Walk of the notes.
4. Debrief:
   - How does this historical view make you feel?
   - What stands out to you? What is missing?
   - Any insights or lessons to take forward as you work together?
   - Share where to get more info with the group.

**Options**
Use as an opener or icebreaker. Do in pairs or groups. Provide background links or materials.

**DOCUMENTARY & DISCUSSION**
Use these short video segments with actual footage of historic nonviolent resistance movements to spark discussions and learn lessons from past strategy, tactics and campaigns for current campaigns.

**Materials**
Projector, screen, documentary segments free to stream or download.

1. Watch the video(s).
2. Discuss:
   - How did this story make you feel?
   - Any specific tactics or tactical decisions stand out?
   - Any noticings about the strategy of the campaign?
   - What lessons could you apply to your campaigns going forward?
3. Harvest learnings with individual writing - note unanswered questions, and identify follow-up research needed.

**Options**
Assign as pre-work or follow-up.

**MUSEUM OF PEOPLE POWER**
An active and engaging way to collaboratively share knowledge about nonviolent action history & jumpstart a physical connection to people power.

**Materials**
None

1. THINK of an historic example of nonviolent action.
2. MODEL that idea as a stone sculpture.
3. SAY “Welcome to the Museum of People Power!”
4. ASK “What do you see?”
5. QUESTION the “sculptures”:
   - What are you modeling? From what campaign? Why did you pick this?
   - How does it feel to embody people power?
6. DEBRIEF: What learnings are you taking away about history, strategy, tactics of NVA?

**Options**
Do group sculptures instead of individual.

**DISOBEDEDIENT IMAGES**
Use historical images to jumpstart discussion about how good things we take for granted in our lives today were actually the outcome of struggle and of disobedience campaigns.

**Materials**
Printed images related to victories won through people powered action.

1. HAND OUT the prepared pictures.
2. FIND OTHERS that have related images to form groups.
3. DISCUSS: “What’s in common with our photos?”
4. SHARE answers when back in the whole group.
5. DEBRIEF: Discuss the legacy of past disobedience struggles.
6. REVIEW: NVA and the characteristics of successful campaigns. What lessons can you take away from these historic images for the present?

**Options**
Use digital or online images.
This exercise offers a shared physical experience of people power and provides a framework for the discussion of nonviolent action and conflict transformation.

Materials
Crayons or markers; large sheets of paper; name tags; optional props.

1. **DRAW** your Ideal Community.
2. **VISIT:** CEOs visit Communities:
   - Visit #1: Quick positive introduction.
   - Visit #2: Identify spot you will seize.
   - Visit #3: Escalate (repeat as needed)
3. **END & DEBRIEF:** How did it feel? What happened? What tactics were used to stop CEOs? Were there identifiable phases? What lessons can you take away from this game? Strategic learnings?

Options
Add a reflective writing closing. Run the exercise a second time to try out other tactics.
**METHODOLOGY**

**MODULE 2**

**VISON CAFE**

Use the World Cafe model to harness the power of collaborative dialogue around important questions that matter in service to setting a vision & identifying values for a group.

**Materials**
- Paper, pens, snacks, tables & chairs (setting the cafe)

1. **SET UP** a cafe-like space with tables & chairs.
2. **Divide** participants for each table.
3. **IDENTIFY** one host per table.
4. **Everyone else** are “guests”.
5. **DISCUSS**: Each table discusses what they envision for the training, organization, movements, etc.
6. **MOVE + REPEAT**: When the time is up, have “guests” move to another table & discuss with a new host. Repeat as time permits.
7. **DEBRIEF**: Share reflections of guests + hosts.

**Options**
- Integrate snacks or music to help create the cafe feel.
- Use a variety of activities at different tables.

**IDENTIFYING VALUES & PRINCIPLES**

These tools help participants express and refine their personal beliefs and then come up with shared values and operational principles that will help guide their group’s work & planning.

**Materials**
- Big paper, markers, pens, other paper.

1. **WRITE** (individually) 3-5 values.
2. **Do a CASCADE**, or, in small groups, share out + group all values.
3. **SELECT**: For each grouping of similar values, select a word or phrase as a label or heading.
4. **WRITE** (in small groups) draft principles to go along with those headings/grouped values.
5. **SHARE + DISCUSS** in plenary.
6. **REFINE**: Assign drafts to a small team to refine.

**ROUND ROBIN PURPOSE/MISSION WRITING**

A round-robin writing exercise to quickly identify & state the core purpose or mission of a group.

**Materials**
- Paper, pens, flip charts, markers if available.

1. **THINK + WRITE** Individually “What is our group’s purpose?” Consider: WHY your group exists, WHO it will serve or support, & HOW?
2. **PASS** to the next person -- and they WRITE.
3. **REPEAT**.
4. **SWITCH TO HIGHLIGHT**: Circle, underline or star the best!
5. **PASS** to the next person. **REPEAT**: 3 times.
6. **HARVEST + SCRIBE** the best statements from the group.
7. **AGREE** on draft statement.
8. **ASSIGN** take-away editing task for a small group if needed.
9. **POST** draft.

**TRAINING ACTIVITIES**

- **PILLARS OF POWER**
- **POWER MAPPING/STAKEHOLDER MAPPING**
- **SPECTRUM OF ALLIES**
- **ANALYSIS TREE**
- **THE ONION**
- **HISTORIC TIMELINE**
- **CONNECTORS AND DIVIDERS**

**MODULE 3**

**TRAINING ACTIVITIES**

- **PILLARS OF POWER**
- **POWER MAPPING/STAKEHOLDER MAPPING**
- **SPECTRUM OF ALLIES**
- **ANALYSIS TREE**
- **THE ONION**
- **HISTORIC TIMELINE**
- **CONNECTORS AND DIVIDERS**
Identify the institutions on which your target relies in order to weaken or disrupt their power.

1. Name the problem ("Mobutu regime," "prison industrial complex") in the roof area of the diagram.

2. Label the institutional "pillars" (media, military, corporate, etc.) that prop up the problem.

3. Analyze the components of each pillar.

4. Identify the pillars most critical to holding up the system, and those you have the most ability to impact.

5. Focus on these pillars to win.

Map the power dynamics at play to identify your primary target and design a winning campaign strategy.

1. Plot stakeholders according to More or Less Influential, and Strong or Weak Agreement with your position.

2. Identify your primary target. Who has the power to give you what you want? And how can you wield power over them?

3. Look deeper into the power relationships around your primary target. Draw circles & arrows of relationship. If needed, branch out to include "secondary targets."

Use this environmental scan to help identify, organize and prioritize the patterns & problems people face.

Materials
Large sheets of paper, markers or pens.

1. DRAW a tree on large paper.

2. IDENTIFY key problems, root causes & symptoms or drivers of the core issue

3. PLACE them on the tree.

4. DISCUSS the different ways people analyse social problems. Which of the main problems (trunk) affects the most people’s lives? How will this tool affect the strategy for nonviolent action & peacebuilding processes?

5. DEBRIEF: How can this assessment tool help to organize and prioritize social problems and set goals for strategic planning?

Options
Use local materials to create the tree.
People and organizations are more complicated than their stated positions. By peeling back the onion on both friend & foe, we can discover potential allies and reveal power-holders’ hidden conflicts of interest.

Focus on one specific stakeholder.
1. Focus on one specific stakeholder.
2. Identify what they say their Positions are, what they think their Interests are, and what they feel their Needs are.
3. Use this deeper understanding, to more effectively work with (or against) this stakeholder, and better focus your campaign message.

Developing a timeline of the history of the conflict enables stakeholders to identify potential “windows of vulnerability or opportunity” that could escalate or resolve conflict in the future.

Materials
Sheets of paper, a rope or tape.

1. Stakeholders WRITE historic events on papers.
2. ARRANGE papers along a “Timeline” on the floor.
3. WALK the line silently.
4. CREATE small mixed groups. Share & discuss noticings about commonly perceived events versus differences in perceptions.
5. DEBRIEF: How can disparate memories create opportunities for transforming the current crisis? What is the relevance of the timeline for strategic planning? Are there windows of opportunity or vulnerability for a NV campaign or a peacebuilding process?

Options
Repeat for a period of time looking into the future.

Examine connectors and dividers that exist within a society to anticipate how actions may create further divisions or build a greater sense of connection across the lines of conflict.

Materials
Something to write with (paper/pen).

1. DRAW chart: Column 1: CONNECTORS; Column 2: POTENTIAL; Column 3: DIVIDERS
2. FILL IN CHART:
   - List Ideas in Columns 1 + 3 first
   - Brainstorm Column 2: ID potential peacebuilding processes, activities, or NV actions that could increase the connectors or increase the dividers.
   - Add arrows to show if action would increase connectors or dividers.
3. DISCUSS: How does this assessment tool help to anticipate potential threats or opportunities in their strategic planning?
This exercise offers a shared physical experience of people power and provides a framework for the discussion of nonviolent action and conflict transformation.

**Materials**
- Crayons or markers; large sheets of paper; name tags; optional props.

1. **DRAW** your ideal Community.
2. **VISIT**: CEOs visit Communities:
   - Visit #1: Quick positive introduction.
   - Visit #2: Identify spot you will seize.
   - Visit #3: Escalate (repeat as needed.)
3. **END & DEBRIEF**: How did it feel? What happened? What tactics were used to stop CEOs? Were there identifiable phases? What lessons can you take away from this game? Strategic learnings?

**Options**
- Add a reflective writing closing. Run the activity a second time to try out other tactics.

**IDEAL COMMUNITY METHODOLOGY MODULE 4**

**SWOT METHODOLOGY MODULE 4**

**CAMPAIGN PATH OR FLOW CHART METHODOLOGY MODULE 4**

**THEORY OF CHANGE METHODOLOGY MODULE 4**

This exercise charts the roadmap of internal and external pathways for reaching your goal with specific and clear directions.

**Materials**
- Crayons or markers, large sheets of paper; optional: masking tape, sticky notes.

1. **REVIEW** the steps of the Flow Chart.
2. **Work** on the INTERNAL & EXTERNAL FACTORS in small groups.
3. **POST** the work.
4. **SHARE + DISCUSS** in the whole group.
5. **DEBRIEF**: How was this process? Summarize the key points of the completed chart. What learnings are you taking away from this activity. What can be applied to your work now? What needs follow up?

**If... We take this action,**

**Then... We’ll achieve this goal,**

**Because... Of these reasons.**

Lay a solid foundation for a campaign by working backwards from long-term goals to identify the conditions that must be in place in order to achieve these goals, and why.

Fill out the sentence above to help you identify what actions you believe will lead to the change you desire. For example: "If... we mobilize enough people to make Members of Parliament aware of the flaws in the law, THEN... they would change the law, BECAUSE... they need our votes to be reelected." And then question these propositions.
Strong campaigns are based on a series of short- and medium-term SMART objectives that function as intermediate steps towards a more ambitious campaign goal.

1. **Get SMART.** Make campaign goals that are Specific, Measurable, Achievable, Relevant and Time-Bound.
2. **Be precise.** Add numbers and completion dates to your objectives so you can measure your progress.

**METHODOLOGY MODULE 4**

**SMART METHODOLOGY**

- **SPECIFIC**
- **MEASURABLE**
- **ACHIEVABLE**
- **RELEVANT**
- **TIME-BOUND**

**METHODOLOGY MODULE 5**

**SMART METHODOLOGY**

- **SPECIFIC**
- **MEASURABLE**
- **ACHIEVABLE**
- **RELEVANT**
- **TIME-BOUND**

**MODULE 5**

**DELIVERING ON A STRATEGIC PLAN: USING IMPLEMENTATION TOOLS**

This module provides guidance for developing an implementation plan, including identifying specific tactics and the people & resources needed to achieve the goals of a campaign.

**TRAINING ACTIVITIES**

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**CALENDARIZE**

Create a comprehensive timeline/calendar that aligns with and supports your overall strategy and SMART goals, to ensure that your planning becomes actionable & achievable.

**Materials**

- Large sheets of paper, multicolor crayons or markers; optional: masking tape, sticky notes.

1. **REVIEW** timeline.
2. **WRITE** the key steps/activities; by specific action, or for strategic planning overview by Internal, External Programmatic, Network/Community Building.
3. **POST** key steps on the timeline.
4. **ADD** other events, cultural holidays & vacations.
5. **VIEW + ASSESS.** Is this realistic? Are there moments where too much is planned? Can something be shifted? What is missing? Are there evaluation & assessment points included?
6. **ASSIGN FOLLOW UP.**
Identify pressure points where you can take action to interrupt business as usual, and press for change.

**Production** (factory, farm, school)
**Destruction** (pipeline, prison)
**Consumption** (market, gas station)
**Decision** (Parliament, boardroom, school board)
**Assumption** (a place to challenge social myths)
**Opportunity** (holiday, election, or other occasion)

1. Brainstorm specific locations for each Point.
2. List potential actions at each location.

**METHODOLOGY MODULE 5**

**POINTS OF INTERVENTION**

**ACTION PLANNING STEPS GAME**

Lively overview activity of action planning steps and the importance of planning overall.

- **Materials**
  - Action Planning Steps CARD SET; optional: tape, big paper or wall.
  1. **GIVE** each small group their own set of Action Planning Steps cards.
  2. **SET** the timer.
  3. **ORDER** the cards.
  4. **VIEW** the work -- via Gallery Walk or similar
  5. **DISCUSS:** in the plenary group - What did you notice first? Similarities, differences? Anything missing?
  6. **DEBRIEF:** Why do we do this? PLANNING IS IMPORTANT!!!

- **Options**
  - Analyze implementation plan(s) from a previous action.

**METHODOLOGY MODULE 5**

**ACTIONSTAR**

A checklist of 8 key factors for planning & evaluating actions.

1. Who/what is the political **target**?
2. Who is the priority **audience** & what is your message to them?
3. Where is the **Point of Intervention**?
4. How does this action activate passive **allies** & isolate your opposition?
5. Is the conflict & **story** strategically framed?
6. Will it build the group’s **capacity**?
7. **Action logic**: Does the action itself tell the story
8. Does the action connect with people’s **values** & appeal to common sense?

**METHODOLOGY MODULE 5**

**GETTING CREATIVE: DESIGNING INNOVATIVE ACTION**

This module supports the use of innovative action tactics as a noticeable characteristic of successful campaigns.

**TRAINING ACTIVITIES**

- **CARDSTORM!**
  - ACTIVITY
- **DESIGN AN ACTION**
  - ACTIVITY
- **POINTS OF INTERVENTION**
  - METHODOLOGY
- **BEST/WORST ACTION**
  - METHODOLOGY
- **BATTLE OF THE STORY**
  - METHODOLOGY
- **SIX THINKING HATS**
  - METHODOLOGY

**METHODOLOGY MODULE 6**
Quickly brainstorm creative action ideas by flipping over 3 cards at a time.

**MATERIALS**
- 3 piles of cards: Tactics, Principles, Theories
- Pen & paper

1. **Pick** an issue you’re facing — say, your town is threatened by a fracking pipeline & the CEO is coming to town.
2. **Flip** over one card from each pile.
3. **Brainstorm**. Generate action ideas. Consider how the cards might combine to make a great action.
4. **Record** the best ideas.

**OPTIONS**
- Play in teams
- Keep one card constant
- Use a timer
- Include Stories &/or Methodologies

**ACTIVITY**

**BEST/WORST ACTION**

Harvest the collective experience & wisdom already in the room about what makes actions effective—or not! and derive useful lessons for designing one’s own actions.

**MATERIALS**
- Nothing, or whatever you’ve got access to: art supplies, costumes, etc.

1. **SHARE** an action story: either a “best action” (very creative and effective) or a “worst action” (ineffective, or even harmful).
2. **PICK & PERFORM** ONE story per small group to share with the whole group in a creative way.
3. **DISCUSS**:
   - What maximizes effectiveness in an action?
   - What minimizes effectiveness in an action?
4. **NAME** the principles we can glean from these actions to design more effectively in the future.

**POINTS OF INTERVENTION**

Identify pressure points where you can take action to interrupt business as usual, and press for change.

- Production (factory, farm, school)
- Destruction (pipeline, prison)
- Consumption (market, gas station)
- Decision (Parliament, boardroom, school board)
- Assumption (a place to challenge social myths)
- Opportunity (holiday, election, or other occasion)

1. Brainstorm specific locations for each Point.
2. List potential actions at each location.
Harness the strength of stories to expose oppressive beliefs, and show how another reality is possible.

Analyze both the status-quo’s story and your new story via 5 lenses:
1. **Conflict**: How is the problem being framed? Who is the conflict between?
2. **Characters**: Who are the villains & heroes?
3. **Imagery**: How does the story show us (rather than tell us) what’s important?
4. **Foreshadowing**: How does the story show us the future?
5. **Assumptions**: What must one believe to accept the story as true?

De Bono’s six thinking hats are often used as a brainstorming tool that encourages parallel thinking on a specific issue.

**Materials**
Charts with the six thinking hats, markers.

1. **INTRODUCE** the six thinking hats & the topic of discussion:
   - **WHITE** (facts)
   - **RED** (emotions)
   - **BLACK** (logical negative)
   - **YELLOW** (logical positive)
   - **GREEN** (creativity)
   - **BLUE** (process).
2. **DIVIDE** the participants into groups.
3. **DISCUSS + THINK** in groups as if wearing each thinking hat. All groups address the same thinking hat at a time.
4. **SHARE** the key points in plenary.
5. **COMPILE** ideas from the discussion to come up with recommendations & follow up.

**TRAINING ACTIVITIES**

**HASSLE LINES**

A hassle line is a short roleplay done in a line with participants facing each other, useful for quick intense exploration of conflict behavior & intervention.

**Materials**
None

1. **LINE UP**: Participants gather shoulder to shoulder in 2 lines facing each other.
2. **SHARE** a short scenario; ASSIGN a role to each line.
3. **ACTION**: Start when facilitator says “GO”. Run for 60-90 seconds.
4. **FREEZE**: Stop the role play & note position.
5. **SHAKE OUT & DEBRIEF**: How did that feel? What happened -- what did you or your partner try? What worked or failed? What lessons can we take forward from this exercise?

**Options**
Use concentric circles. Use Observers.
### Module 7 Activity

#### Active Listening

Explore active listening as a critical tool for activists and organizers.

**Materials**

None

**Options**

Use as an opener or closing.

#### Action Role Play

Action role plays are a direct & powerful way to support group learning as well as practice or rehearse for more effective actions.

**Materials**

None; optional: costumes, props, name tags.

**Options**

Provide a script.

#### Activity Module 7

#### Early Warning, Early Response

In-depth guided process that supports preparation & response to upcoming potential conflict scenarios with UCP (Unarmed Civilian Peacekeeping), most effective when paired with practice role plays.

**Materials**

Something to take notes with.

1. **SHARE** the EWER chart.
2. **BRAINSTORM** potential threats.
3. **IDENTIFY** potential responses.
4. **REFLECT** on strategies for addressing threats:
   - Preparation
   - Assessing Indicators (early warning) + Responses (early response)
   - Mapping Safe Routes + Meeting Points
   - Communication Structures + Network of Relations
5. **RUN** ROLE plays. **ADJUST** response scenarios.
6. **DEBRIEF**: How does this feel? Identify next steps & ToDos for preparation. Assign roles, etc.

#### Documentary & Discussion

Use these short video segments with actual footage of historic nonviolent resistance movements to spark discussions and learn lessons from past strategy, tactics and campaigns for current campaigns.

**Materials**

Projector, screen, documentary segments free to stream or download.

1. **Watch** the video(s).
2. **Discuss**:
   - How did this story make you feel?
   - Any specific tactics or strategy decisions stand out?
   - Any noticing about the strategy of the campaign?
   - What lessons could you apply to your campaigns going forward?
3. **Harvest** learnings with individual writing - note unanswered questions, and identify follow-up research needed.

**Options**

Assign as prework or follow up.
AWESOME FACILITATION: IDEAS + ENCOURAGEMENT FOR NVA TRAINERS

GUIDING PRINCIPLES FOR TRAINERS:

- Political Empowerment: Analyze and change power structures
- Participatory Methods: Learning together
- Learning by Doing: Act, reflect, learn, apply
- Public Action Learning: Society is our classroom
- Dreaming Big: Be creative, seek alternatives
- Feminist Lens: Challenge patriarchy & inequality

Options
Use Checklists to keep track of tasks.

GROUP ENERGIZERS, OPENERs + CLOSINGS

Great energizer activities are useful at different points in a training — to help a group get to know one another, reenergize if they have lost momentum, or spark people to think in new ways if stuck.

TRAINING ACTIVITIES

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MODULE 8

OPENING THE SPACE
Various ways to open a space & create a ‘container’ for our best work through land acknowledgements, grounding, or inclusive welcome activities.

Materials
None, but with advance notice, bring personal item of significance for a community altar.

Select or combine:
- READ, PRAY or SING
- LAND or LINEAGE ACKNOWLEDGMENT
- GROUNDING
- BUILD A RITUAL SPACE
- TIME for ALL

Options
Invite someone from the local indigenous or religious community to offer a welcome or speak first at the event.

MODULE 9

NAME GAMES
Activities to bring a group together while learning each other's names.

Materials
None; optional name tags.

1. Circle up!
2. Pick your activity, introduce it & then model:
   - Sound & Motion Name Game
   - Story of your name
   - Lovely Lulu
   - Amatosa
3. Round of applause!
GROUP AGREEMENTS

Goup agreements are a useful tool for getting your event off of the right start & keeping it on track.

Materials
None; Helpful: things to write with, flip charts.

Sample Group Agreements
- Make Space for everyone to contribute.
- Only one person speaks at a time.
- Respect each others’ opinions even / especially if you don’t agree with them.
- Participate!
- What’s learned here can leave here, what’s said here stays here (confidentiality)
- Be conscious of time - help stick to it, or negotiate for more.
- Mobile phones off to minimise disruptions.
- Take regular breaks.

GET TO KNOW EACH OTHER

Engaging activities for groups to get to know each other & build cohesion.

Materials
Various: none, or things to write with, big paper, chairs.

- DRAW A SHIELD: Home (where you come from), Heart (your loves), Head (what you are thinking about), Hands (your skills)
- WRITE POETRY: “I am from…”
  - I am from the smell of ……….
  - I am from the sound of ……….
  - I am from the taste of ……….
  - I am from the touch of ……….
- MOVE + MINGLE
- HURRICANE! (A big wind blows for….)

ENERGIZERS

Participatory activities that are fun, engaging, break down barriers, bring up the energy level and help to refocus participants.

Materials
None required; open space is helpful!

- DANCE Break
- Activist Yoga (Reach for Goals, Tend the Grassroots, Feel Winds of Change, Self Care)
- Five Shake (arms/legs… 5,4,3,2,1)
- MOUSE, SNAKE, LION (EEKK! GASPI! GROAN!!)
- LIFEBOATS (The boat is sinking, find…..)
- CHANT or SONG Break

CLOSING THE SPACE

Various ways to close a space & support participants in honoring the work done.

Materials
None; optional: yarn or string.

- ONE-WORD POPCORN TAKE AWAY
- GIVE “GIFTS” (Give to your left, receive from your right)
- READ, PRAY, CHANT or SING
- CLOSE the RITUAL SPACE
- WEB of CONNECTION (need string or yarn)
- WRITE YOURSELF A LETTER
Strong groups benefit from good decision-making processes that help each person bring their own experience, understanding & level of motivation into their group dynamic constructively.

### TRAINING ACTIVITIES

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### QUICK DECISION TOOLS

Several quick and flexible ways to support group decisions in a democratic way.

**Materials**

None

- Verbal *one word go-rounds*
- Visual *hand signals*
- *Fist to 5 (visual scale)*
- *Straw polls*

**Options**

Online: use polls, reaction emojis, or turn your video off/on.

### DOTOCRACY

A fun and flexible way to prioritize choices democratically, with colorful dots or markers.

**Materials**

Dot stickers or sticky notes, chart paper or white board + markers.

1. **COLLECT OPTIONS** from participants & categorize them
2. **DISTRIBUTE** the dot stickers to participants
3. **PLACE** the stickers on preferred option
4. **REVIEW** the distribution of stickers
5. **DISCUSS** the outcome
6. **MAKE changes** if needed
7. **ANNOUNCE** outcomes: the options with more dots win!

**Options**

- Online: use a Whiteboard, Jamboard or other group feature

### CASCADE

An engaging way to discern & prioritize choices democratically.

**Materials**

None, but pen and paper helpful.

1. **IDENTIFY** question to address + limits (e.g., list top three priorities)
2. **ANSWER** individually
3. **FORM PAIRS & REPEAT** – with the same limits
4. **FORM QUADS** (2 pairs join up) & REPEAT
5. **REPEAT** doubling size until only 2 large groups remain
6. **PRESENT** work to each other
7. **DISCUSS & DEBRIEF**

**Options**

See DOTOCRACY for an alternative.
Participants take a physical position in a space based on their opinion of that topic.

Materials
Open space, rope or chalk.

1. ANNOUNCE the questions or statements to be reflected on.
2. SEGMENT the space (i.e. one side is agree; another disagree; another neutral)
3. MOVE to the space aligned with their opinion.
4. CONDUCT INTERVIEWS.
5. OFFER time to shift.
6. DISCUSS & DEBRIEF.

Options
Use Spectrum as alternative.

A creative and dynamic way of reaching agreement between all members of a group.

DISCUSSION
Make a Proposal
Take Questions, Accept Friendly Amendments
Any Concerns? Address Them
Modify Proposal Restate Proposal
Check for CONSENSUS

Any other unstated reservations? Any Stand Assessed? Or Blocks?

YES NO

Closing Options
Closing Options
Position for Consent for Vote

CONSENSUS + Implementation

Fun and meaningful ways to get to know each other’s experience and build vulnerability & trust in the group. Good for broad visual assessments of participants.

Materials
None; or places to sit, pen + paper.

- CIRCLE ASSESSMENT (with movement in + out, or hands up/down)
- BIG WIND BLOWS (high-energy variation moving from seat to seat)
- PAPER SNOWBALLS (anonymous in-person writing + movement)

Options
Movement Accessibility alternative: use pieces of paper or small flags for Circle activity.
**SPECTRUMS**

An activity that helps individuals reflect on their own positions & recognize diversity within a group by literally putting their bodies on a line (as you might in a direct action.)

**Materials**
None: optional big paper, markers + tape for signs.

1. DESCRIBE the ends of one physical line, or spectrum.
2. MOVE to the spot on the line that represents your view.
3. INTERVIEW people in different locations.
4. DESCRIBE + ADD second, intersecting line.
5. MOVE to a new location.
6. NEW INTERVIEWS.
7. DEBRIEF: How did that feel? Put your body on the line? Key learnings or takeaways for our work?

**Options**
Use a Fishbowl or State Your Position as an alternative.

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**GALLERY WALK**

Use movement to help a group collect or share information, encourage group analysis, & also engage the room.

**Materials**
White boards or big paper, markers, tape, possibly sticky notes.

1. DIVIDE into small groups.
2. GATHER at work stations around the space.
3. WRITE at the different stations.
4. When time is up, MOVE from station to station as they review the posted work.
5. DEBRIEF.

**Options**
- Use timed gallery passes or hold a “Gallery Run.”
- Online: post content to a google presentation /Jamboard/etc.

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**GRAPHIC EVALUATION**

Use graphic evaluation tools to provide direct feedback on training objectives, & support more insightful and useful processes and takeaways for participants & facilitators alike.

**Materials**
Pens/markers, possibly sticky notes; Prepared drawings for Roses, Buds + Thorns, the Charts, or Head, Heart, Hands + Heel.

1. INTRODUCE the framework for the evaluation. Options:
   - Roses (positives), Thorns (challenges), Buds (in formation)
   - DAKI: Drop. Add. Keep. Improve
   - Highs + Lows
   - Head, Heart, Hands + Heel
2. REFLECT + WRITE individually, then post.
3. VIEW + DISCUSS with a Gallery Walk.
4. DEBRIEF: Any surprises, learnings or take-aways from what others shared?

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**DEBRIEF**

An engaging debrief creates opportunities for deeper understanding & lasting learning, improving comprehension, drawing out insights or lessons, and helping participants integrate what they’ve learned.

**Materials**
None: optional chart paper, markers, chairs inside a larger circle.

1. SET UP the Fishbowl: 4 chairs in the middle of a large circle and label each one with one sign: Facts, Feelings, Findings, Futures.
2. REFLECT: Four Participants sit in the chairs, starting the reflection on the activity using the F’s as a guide.
3. SWITCH + Repeat.
4. DISCUSS & collect learnings.

**Options**
- Use only 3 F’s. Feelings, Facts, Future or Appreciative Inquiry (AI) through: Discover, Dream, Design, Destiny (or Delivery).
**EVALUATE AN ACTION (CARD GAME)**

Debrief after an action. Analyse an historic action. Test-flight an action that’s still in the works.

**MATERIALS**
- 2 piles of cards: Principles, Theories
- Pen & paper

1. **Choose** an action to evaluate.
2. **Draw** a Principle or Theory card. Read it out loud.
3. **Evaluate**: Did this Principle/Theory play a role in your action? If so, how? If not, did its absence impact what happened? How?
4. **Imagine** your action happening again. What could you do differently to achieve a different or better outcome?
5. **Curate** a list of 3-5 Principles/Theories that you can use to guide future action planning.

**OPTIONS**
- Include Methodologies &/or Debates

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**BARAZA**

A large community gathering to discuss important matters, share information, & hold leaders to account.

People everywhere have organized baraza-like gatherings under various names: “town halls” in New England, “indignados” in Madrid, “diwaniyat” in much of the Arab world. It is fundamental to the human way of being, filling a need to come together, belong, & work toward a better community. What is the baraza of your culture? How can you harness it to improve things?

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**ACTIVITY MODULE 11**

**MODULE 11**

**BARAZA METHODOLOGY**

This module provides facilitators & organizers with accessible self-care and community care practices that support building effective, sustained movements for social change.

**TRAINING ACTIVITIES**

- **EMBODIED PRACTICE: SELF CARE & REGULATION**
- **EMBODIED PRACTICE: COMMUNITY CARE & CO-REGULATION**
- **MENTAL/EMOTIONAL HEALTH FIRST AID**
- **BUILDING RESILIENT GROUPS**
- **SELF & COMMUNITY CARE IN ACTION**

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**ACTIVITY MODULE 12**

**MODULE 12**

**EMBODIED PRACTICE: SELF CARE & REGULATION**

Embodied practice harnesses body awareness through breathing and movement to support individuals & groups in responding to stress and triggering events in real-time.

**Materials**
- None

Try a simplified practice:

1. **SET** your intention.
2. **FOCUS** on breathing (slow, pattern or box.)
3. **CHOOSE:**
   - Grounding (Resourcing or Touch)
   - Body Scan (What feels best?)
   - Intentional Movement (Sweep or Tap)
4. **RETURN** to breathing.
5. **PRACTICE** gratitude.
6. **NOTE** any change (in feeling, attitude, etc.)
**EMBODIED PRACTICE: COMMUNITY CARE & CO-REGULATION**

Through situational and bodily awareness, Embodied Practice employs breathing, movement, arts, and culture to support individuals & communities in regulating stress and responding adaptively to triggering events.

**Materials**
Soft music, singing bowls (if possible), cushions.

1. **USE one or more practices** in a group setting:
   - Group Box/Square Breathing
   - Group Dance Movement Therapy
   - Collective Affirmations
   - Community Sound Circle
   - Emotional co-regulation (in pairs)
   - Not Now, Come Tomorrow Morning Pair Practice
2. **CLOSE** with debriefing and identifying next steps.

**ACTIVITY MODULE 12**

**MENTAL/EMOTIONAL HEALTH FIRST AID**

A brief overview for activists, organizers, and/or facilitators on how to approach & handle mental and emotional health challenges in a group or at an action.

**Materials**
Flipcharts, sticky notes, markers, & tape.

1. **BRAINSTORM** emotional + mental health stressors.
2. **DISCUSS** the five components of psychological first aid (Safety, Calming, Self-efficacy, Connection, & Hope).
3. **DEVELOP** a list of potential responses to the list from Step #1.
4. **IDENTIFY** the most likely stressors & responses.
5. **ROLE PLAY** the selected responses.
6. **DEBRIEF** any learnings and any plans for future work.

**Options**
Have trained individuals available for support during sessions if distress is anticipated.

**ACTIVITY MODULE 12**

**BUILDING RESILIENT GROUPS**

Because social change work takes time and energy, it is important to invest in building strong structures & healthy processes to increase our chances of being successful groups for the long haul.

**Materials**
Small colored cards, markers/pens, tape, sticky notes.

1. **GROUND** through breathing, body scan, movement, meditation, etc.
2. **REFLECT** individually to identify needs to be fully present.
3. **SHARE** in small groups and create a list of the group's needs.
4. **BRAINSTORM** best practices of healthy groups to meet those needs.
5. **DEBRIEF + SYNTHESIZE** in whole group: what resonated most? What can be done?
6. **AGREE** on next steps.

**ACTIVITY MODULE 12**

**SELF & COMMUNITY CARE IN ACTION**

While care should be woven into the fabric of our work, we need to be particularly cognizant of incorporating self & community care when it’s action time.

**Materials**
Scenarios, flipcharts, markers, tape, some extra materials you may want to use for the role plays.

1. **SET UP** an action scenario with “spikes” or challenges to be addressed by the group.
2. **RUN ACTION ROLE PLAY** with as realistic a scenario as possible.
3. **REFLECT** on what support was offered/missing? Consider pre, during, and post-action support.
4. **DEBRIEF**. How did that feel? What happened? What can we take forward? What support is needed to take care of ourselves? Our organizations? Our communities?
5. **COMMIT** to embedding long-term care strategies as part of our work, especially in action.

**Options**
Run a second role play incorporating the support plan discussed to end on a successful note.

**ACTIVITY MODULE 12**