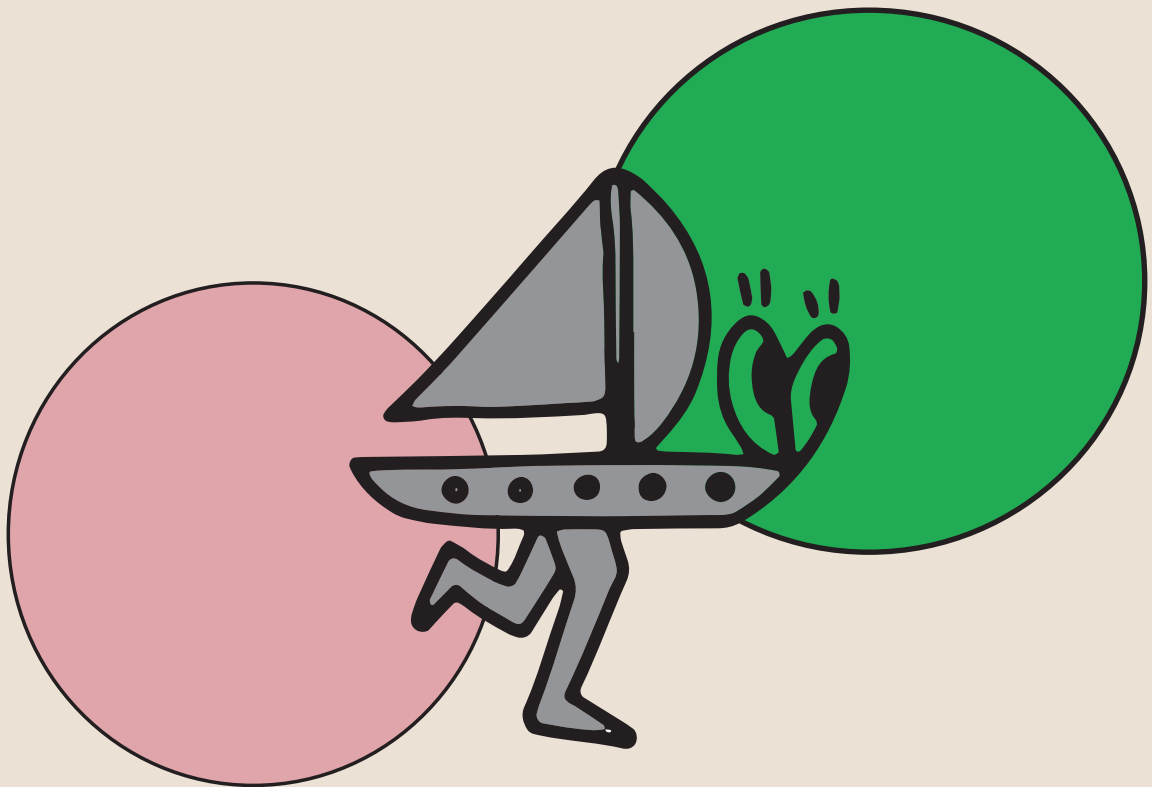
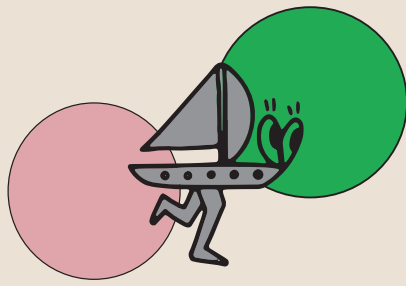


WARM UP ACTIVITIES

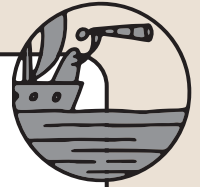
Opening and closing activities



It is recommended to carry out some initial proposals to prepare people for sharing, for getting to know each person in a different atmosphere, to reduce nerves and discomfort, and to enter into trust.



WARM UP ACTIVITIES: CHECK IN ACTIVITIES



THE METEOROLOGY

Once the group is assembled and the session begins, we ask the participants to connect with the state of mind with which they arrive at the session.

Then we do an initial round in which we introduce ourselves and share this weather state with a metaphor of weather conditions (it can also be used with other metaphors such as animals).

For example: *I am Maria and today I feel sunny.*

The idea is to connect with the emotions and embrace the diversity present in the group, taking the temperature of the group atmosphere.

ROUND OF CHECK IN

This activity is recommended for groups with few people or groups that meet quite frequently.

Once the group is gathered and the session begins, the participants are invited to connect with how they arrive at the meeting:

What is most alive in each of us now?

Which are the expectations for this process?

The invitation is to make short interventions, of between 1 and 2 minutes so that the whole group can express themselves and sustain from listening. It is a space without reply and in which we invite to speak in the first person (*I feel, I need, I consider...*).

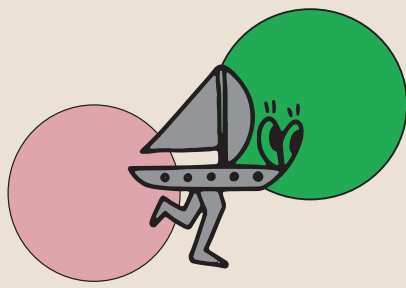
VISUAL CHECK IN

This activity allows us to do a very quick check-in and is suitable for large groups. It helps us to connect with emotions and also to quickly know the “group temperature” or general atmosphere.

A drawing is placed on the wall with different areas representing different emotions. Each person will place a sticker and put it in the area that most represents them at that time.



Example:



WARM UP ACTIVITIES: ICE BREAKER ACTIVITIES



HI! HOW ARE THINGS GOING?

This activity allows us to break the ice and, at the same time, connect with how we are, landing in the group and in space.

It is recommended to use music. Invite people to walk and move around the place, if they want they can stretch their body, make free movements with the rhythm of the music.

... When the music stops, get together with another person and briefly discuss (2 min) the following issues:

- How is the summer / course / year going?
(Frame within a long period that makes sense to the group)

... After two minutes the music plays again and people continue walking around. Repeat the exercise three more rounds, including these or other questions:

- How is your week going?
- How was your day before arriving at this session?
- How are you doing?

This exercise allows people to connect with the group from a personal and more emotional point of view. People can become more aware of how they are, and at the same time, as they connect and share about themselves, the whole atmosphere of the group changes: we can feel more connected, more open, more available. Including the emotional aspect of a group is part of the gender perspective change in the organization!

THE WHEEL

This is an icebreaker dynamic and it also allows to dive into the next topic.

Make two concentric circles, so that the inside circle looks at the outside one and vice versa. Each person in the inner circle must face one person in the outer circle. We will launch between 3 or 4 questions that are increasing in depth on the topic we want to address. Each pair will talk about this topic for about 4 minutes. Once the time is up, one of the two circles will rotate one position to the right or left so that the pairs will change. We repeat this dynamic until we have 4 quick conversations.

An example of these questions could be:

- What do you know about the sex-gender system?
- In what aspects do you think gender inequality affects society?
- What do you think could be done to end this inequality?

