



SOCIALISING WITH YOUR VOICE

Metodo Integrato Marchio-Patti®
BY ASS. LA CITTÀ DEL SOLE



N° of pax 5-20



indoors | outdoors



art expression | music



20 mins

PURPOSE

GROUP BUILDING

- symbolic communication with your voice
- showing yourself in the group
- lowering tensions

PREPARATION

- A place that accommodates all participants.

* INTRO

This game is useful to create connections in a group that is forming, but also in a group that is already established but in which communication is under hyper control, stopping the emotional expression of the members. It can feel awkward for some people to express themselves using their voice; this activity helps overcome such resistance and helps participants loosen up, because it is like a fun game, in which there is no time to think but everything is based on instincts.

3 STEPS

1. Ask participants to form a circle and throw a cushion to one another:
 - the one who throws the cushion while saying his/her own name
 - the person who receives the cushion must repeat the name and say his/her name while throwing the cushion to another person
 - the throwing is repeated until everyone in the circle has said his/her name
2. On the second part of the exercise:
 - one member throws the cushion and makes a sound with his/her voice
 - the one who receives the cushion immediately and without thinking copy the sound and throw the cushion on again to someone else while making a new sound
 - the throwing is repeated until everyone in the circle has participated
3. As this is an introductory activity, no sharing is required at the end; however, at the end of the activity that follows you can give the opportunity to talk about what they felt during the game.



REFLECTION

- How did you feel when you introduced yourself to the others?
- How was your overall feeling about the two phases?
- How can this activity contribute to resilience building?

COMMENTS

- This game can be done before group activities, as it creates a relaxed atmosphere that will be the basis of valuable group work. It can be used with people of all ages and in any context. It is best to avoid using background music, or keep it to a very low volume to make it easy to hear the sounds and the names. If you do want to use music, it is advisable to use fast paced music.
- This game can also be done with a large group (over 30 people) but in this case it is best to create subgroups.