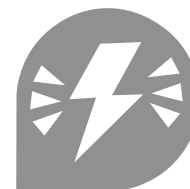


# Emoticons 20 min



ICEBREAKERS AND ENERGISERS

ENERGISER

PLENARY EXERCISE

## About the exercise

### TARGET AUDIENCE

Best suited to grassroots-level groups/faith communities, civil society organisations and human rights defenders.

### PURPOSE

To give participants an opportunity to explore how they feel about what they have learned.

### DESCRIPTION

A physical energiser in which participants create emoticons/sculptures with their faces and bodies to represent how they feel about what they have learnt in a session.



## Instructions

### HOW TO INTRODUCE THE EXERCISE 1 MIN

Explain that it is time to do something a bit different! Ask everyone to stand up and form a ring. Ask them to think of one word that describes how they feel about what they have learnt from the session/exercise/knowledge input.

### HOW TO RUN THE EXERCISE 10 MIN

Ask them to make their face and body into an emoticon or sculpture that represents that feeling.

When everyone has made their emoticon, go around the ring asking people to say the word they were thinking of.

When everyone has spoken, affirm both positive and negative feelings (for example, feelings of being overwhelmed by new information or daunted by the task of working to promote freedom of religion or belief).

### HOW TO CONCLUDE THE EXERCISE 9 MIN

Reassure participants that this is a safe space to express their feelings and ask questions. Ask:

- Would anyone like to share more about how they are feeling at this point?
- Does anyone have any questions they would like to ask?

If participants express confusion, information overload or frustration with a focus on theory then point to times in the remainder of your training programme where they will have the opportunity to reflect, explore issues further or practice skills.

### Source

The Local Changemakers Course, FORB Learning Platform, [www.forb-learning.org/changemakers](http://www.forb-learning.org/changemakers)