



# Tell all! 10 min

ICEBREAKERS AND ENERGISERS

GAME

PLENARY EXERCISE

## About the exercise

### TARGET AUDIENCE

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

### PURPOSE

To help the group remember what they learned, felt and thought during the previous session of your training, and to share what they remember with one another.

### DESCRIPTION

This exercise provides a fun, interactive start to a session. Participants throw a ball to each other, saying something they remember from the previous session before throwing the ball to another participant.



## Instructions

### RESOURCES

- A soft ball.

### HOW TO INTRODUCE THE EXERCISE 1 MIN

Welcome everyone and explain that this session is going to begin with a quick look back at the previous session. Ask the group to stand in a ring, reasonably spaced out.

Explain that they are going to throw the ball to each other randomly. The person who receives the ball should say one sentence, sharing one thing they remember from the last session. This could be a story, something they learned, or a feeling or thought they had. After sharing, they should throw the ball randomly to another participant, making sure everyone gets a chance to speak. Anyone who was not present at the previous session shouts 'Tell all' when they catch the ball and then throws it onwards.

### HOW TO RUN THE EXERCISE 8 MIN

Start the exercise off yourself by saying one thing you remember from the previous session and throwing the ball to a participant. Say encouraging words like 'thanks' and 'great' in response to participants' contributions! Keep the exercise going until each person has caught the ball once.

### HOW TO CONCLUDE THE EXERCISE 1 MIN

Congratulate the group on how much they remember and very briefly add any key points they missed.

### Source

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