




Resources for educators and facilitators

Freedom of religion or belief exercises

The Heart of Freedom of Religion or Belief

Length		10-15 minutes
Difficulty		Beginner
Group size		Small to medium
Aim	To break up a lecture with a simple “beehive/buzzing group” exercise and make the participants familiar with the core elements of FoRB in an interactive way.	
Description	A quick buzz group exercise that helps to make sure participants have understood what they have heard in a theory presentation on the contents of freedom of religion or belief.	
Resources needed	Keen participants that are at ease talking with each other Flip chart/white board and markers in different colours	
Source	Stefanus Alliance	

Outline and instructions


Beehive discussions	3 min
Gather answers and discuss	5-10 min

Ask participants to get into pairs or threes with the people sitting closest to them and brainstorm answers to the following question:

What are the three main things that freedom of religion or belief protects?

When the time is up, ask a group to share their three suggestions. Write answers on the whiteboard/flipchart putting things related to inner freedom (the right to have, adopt and change) in one colour to the left and things related to the outer freedom (manifestation, expression and practice of one’s religion) on the right in another colour.

The right answer would be that freedom of religion or belief gives us the right to:

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- Have a religion or belief of any kind including traditional, nontraditional, new or old religions, big recognized religions or small and new religion or a worldview or belief system with no deity, such as atheism.
 - To change religion or belief. If one day I want to change religion, or if people around me would want to change religion, they are fully entitled to do so. It also gives us the right to stop having a religion all together.
 - To manifest or express ones religion or belief through worship, teaching observance and practice both privately and in public, both alone and together with others.

Possible questions for discussion

- How important are these three rights for you?
- How difficult is it to give them to others?
- Do you know somebody who converted or changed beliefs/stopped being religious?
Which reactions did that person meet from those around them or the state?