



Animation Sheet

# WORKSHOP

for the SOCIAL TRANSFORMATION

## Activity sheet - Letting go

### Objective:

- Experiencing, a situation over which we have no control, individually and collectively.

### Equipment:

- Blindfolds (scarves, masks...)
- Chairs and tables, or anything else that can be used as an obstacle

### Duration :

- Between 30 min and 1hour (depending on the number of participants – maximum 20)

### Getting started:

#### 1/ Before participants arrive:

- Arrange the room in such a way as to create an obstacle course: i.e. a course that the participants will have to complete in which they will have to step over, go around, dodge, go under or go between items of furniture.

#### 2/ Start the activity :

- Introduce: The aim of this activity is both to allow participants to experience a situation over which they have no control, and also to build an initial emotional bond with the emotions/feelings/sensations that can be experienced when accompanying a participative process.
- Ask participants to form pairs, preferably at random.
- Hand out a scarf or mask to each pair.
- In each pair, one of the participants is invited to blindfold himself or herself and stand at the start of the obstacle course. The other person, the one who is not blindfolded, holds the hand of the person who can no longer see. Together, they must complete the obstacle course without the blindfolded person touching any of the objects in their path.
- All the pairs are invited to set off on the course. Gradually, the facilitator can choose to make the course more difficult: by suggesting that participants are guided by the sound of the voice rather than by the hand, or by moving certain objects each turn, for example! After the first turn, the roles are swapped! the person who was blindfolded becomes the guide, and vice versa.
- The activity ends when all the groups have completed the obstacle course.

#### 3/ Once the activity is over:

- The facilitator suggests that participants take off their masks, and gather together in a circle, in the centre of the room.
- The facilitator asks the participants to express how they felt when they were blindfolded. Care must be taken to ensure that the participants have enough time to take stock of their feelings. This means allowing for moments of silence, not rushing for the first person to speak.

The facilitator should ensure that all the participants listen to each other. He or she invites participants to talk and ensures that everyone who wishes to speak is able to do so. He or she should ensure it is a safe framework for participants; making sure that everyone can participate, making time for those who contribute less, and managing people who tend to monopolise the talking. Not everyone feels they have the same legitimacy to speak. Facilitator should pay attention to that in the context of differences of gender, age, seniority...

Feel free to refer to the sheet "Two pillars of the facilitator's position.", on the Workshop for the Social Transformation website:

<https://atelier.fdh.org/en/take-action/our-principles/article/the-two-pillars-of-the-trainer-s-posture?lang=en>

- The facilitator is responsible for framing the debate. This means being able to stimulate discussion around questions such as:
  - ➔ What were you thinking when you set off on the obstacle course without being able to see anything?
  - ➔ Did you immediately trust the information your partner was giving you?
  - ➔ What emotions did you feel during this exercise?

### **Just a few points to help us draw a conclusion**

Supporting participative collective dynamics requires a certain ability to let go: the field project workers in contact with community groups do not dictate how an activity goes; they support the structuring and implementation of the action.

So, supporting participative processes means not being in control: you never know how the action will unfold, whether it will work or what form it will take. You have to trust the process, just as you would in an obstacle course!



**Link to the article :** [The « letting go » icebreaker - L'atelier de la transformation sociale](#)

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