

Methodological tool: Exclusion vs. inclusion¹

Number of methodological Tool	EUPA_LO_101_M_002
Work Area Code and Title	WA 3: Communication and social, telephone handling, code of conduct, equal opportunities and relationships
Unit Code and Title	4.1 Use of business communication skills to generate solutions in specific situations
Learning Outcome Number and Title	LO101. Demonstrate ability to interact with others effectively and efficiently, and generate solutions in specific situations through the use of effective communication techniques
Objective of the methodological tool	After the completion of this activity, participants will be able to: <ul style="list-style-type: none"> - Experience exclusion and domination in a safe environment - Demonstrate empathy and solidarity with others
Approximate Time needed for the completion of this exercise	20 min.
Individual or group exercise	<input type="checkbox"/> Individual <input checked="" type="checkbox"/> Group
Type of methodological tool	<input type="checkbox"/> Written exercise <input checked="" type="checkbox"/> Group exercise <input type="checkbox"/> Video analysis <input checked="" type="checkbox"/> Simulation <input type="checkbox"/> Multiple choice <input type="checkbox"/> Group exercise with cards <input type="checkbox"/> Exercise using ICT <input checked="" type="checkbox"/> Role play <input checked="" type="checkbox"/> Group discussion <input type="checkbox"/> Case study <input type="checkbox"/> Creative Group Work
Description of the exercise/Procedure	<p>For this activity you will need coloured post its and sweets.</p> <p>Divide participants into three groups.</p> <p>Place a post it on the forehead of each participant: Red for one group, Green for another and Blue for the third.</p> <p>Tell participants that Greens are all in their 30's and 40's years of age and that they have all the power. Give them chairs to sit on and sweets.</p>

¹ Adapted from http://scoutsducanada.ca/wp-content/uploads/2015/03/empathy-games_0.pdf



	<p>Tell the Reds that they are all over 65 years old and to stand together with their noses touching one wall and not to look around or talk.</p> <p>Tell Blues that they are all under 18 years of age and that they must do exactly what the Greens say. You can give Greens some suggestions for instruction such as hop on one leg, do press ups, make animal noises, pretend to be elephants.</p> <p>Repeat with Blues being in their 30's and 40's years of age and having all the power, Reds being under 18 years old and following Blues instructions and Greens being over 65 years old with the noses against a wall.</p> <p>Repeat with Reds being in their 30's and 40's years of age and having all the power, Greens being under 18 years old, following their instructions and Blues being over 65 years old with noses against the wall.</p> <p>Bring the group back together in a circle. Ask all participants to remove the post-its from their head and to shake out their arms and legs taking deep breaths.</p>
Exercise is accompanied by	n/a
Exercise solution	n/a
Other comments to the trainer	<p>Discussion Questions for wrapping up:</p> <ul style="list-style-type: none"> - How did each participant feel at each stage of the game? - Does this game reflect how people of different ages are treated in your community? - How are young people treated? - How are old people treated? - What other groups in your community experience exclusion? <p>Where do you think exclusion and oppression like this happens around the world?</p>