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PRACTICAL ACTIVITY AND GAME

Stories4Wings

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Ability to Cope with Social Exclusion

One Small Kindness

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This document includes a **practical activity and a game** to further explore and reflect on the value, skill, or competency of each story.

This activity and game serve as a **supplementary learning tool** to the guide with the questions and reflections, approaching learning from a **playful, active, and participatory perspective**.

These activities aim to reinforce learning through **practice and direct experience**.

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PRACTICAL ACTIVITY

1

Educational Objectives

- Identify personal experiences of feeling excluded.
- Reflect on how social exclusion affects self-perception and behaviour.
- Practise recognising small opportunities for positive social connection despite exclusion.

Number of Participants

6-12

Duration

60 minutes

Materials Needed

- Printed copies of the story.
- Paper and pens/pencils.
- Flipchart or whiteboard.

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Activity Description

1. Introduction (10 min):

- Educator reads the story aloud.

2. Reflection (15 min):

- Participants answer three questions on paper.
- Educator reads them aloud for low literacy:

e.g: How did Marcus feel when people crossed the street to avoid him?

✦ e.g: What changed inside him after he helped Emma?

e.g: What did you want others to understand about you?

3. Pair sharing (15 min):

Participants share their reflection.



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4. Group Sharing (15 min):

- Educator facilitates a group conversation using these prompts:

e.g: What are some ways people cope with being excluded?

e.g: Why did Marcus decide to help Emma even though he was afraid?

e.g: Can a small positive action change how you see yourself? How?

5. Closing (5 min):

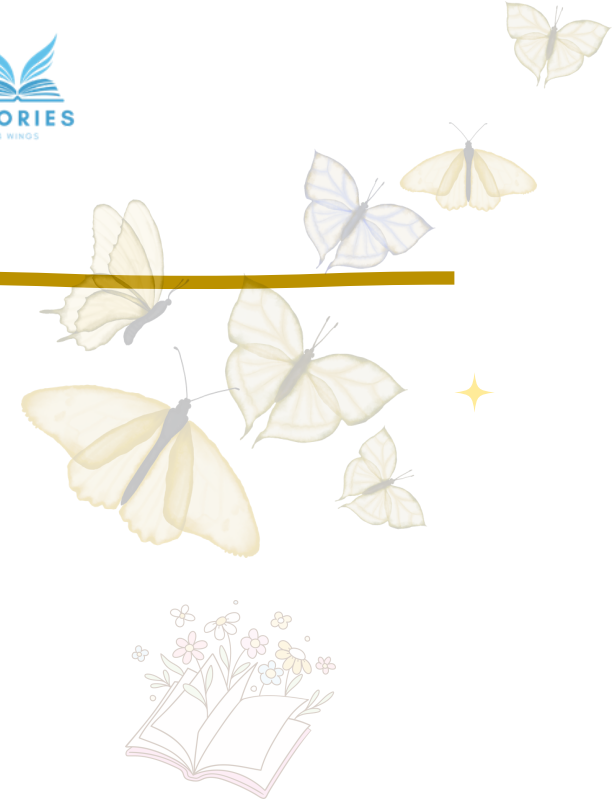
- Educator summarises key insights without naming the competency:

e.g: We all face moments of being pushed to the margins.

e.g: We can still choose small actions that remind us of our own value.

Notes:

- Read the story aloud slowly for reflection questions.
- Avoid forcing anyone to share personal experiences.



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GAME

2

Educational Objectives

- Recognise different forms of social exclusion.
- Identify small, realistic acts of connection in response to exclusion.
- Collaborate with others to generate solutions.



Number of Participants

8-12

Duration

30 minutes

Materials Needed:

- 12–20 cards (Each with a short scenario written or drawn).
- A hat or bowl to draw cards from.
- Optional: timer.

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Activity Description

1. Preparation (5 min):

- Educator prepares scenario cards in advance.
- Each card describes a situation of social exclusion.

e.g: A person is released from prison. No one from their old life calls them back.

e.g: In the cafeteria, no one wants to sit next to someone because of their past.

2. How to play (20 min):

- Participants sit in a circle. The bowl with cards is placed in the centre.
- One at a time, each participant draws a card and reads it aloud.
- The participant has 30 seconds to answer.
- The group can briefly add one more idea.
- No wrong answers – the goal is to generate ideas.
- Continue until all cards are drawn or time runs out.



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3. Reflection (5 min):

Educator asks:

- Was it easy or hard to think of small actions? Why?
- Does one small kindness really make a difference?
- How can you use this thinking in your own life this week?

Notes

- For low literacy: use simple pictures or icons on cards.
- Encourage realistic ideas (e.g. “say hello”, “offer to share something”)
- The game avoids naming “social exclusion” explicitly
- Let the participants arrive at the concept through scenarios.





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