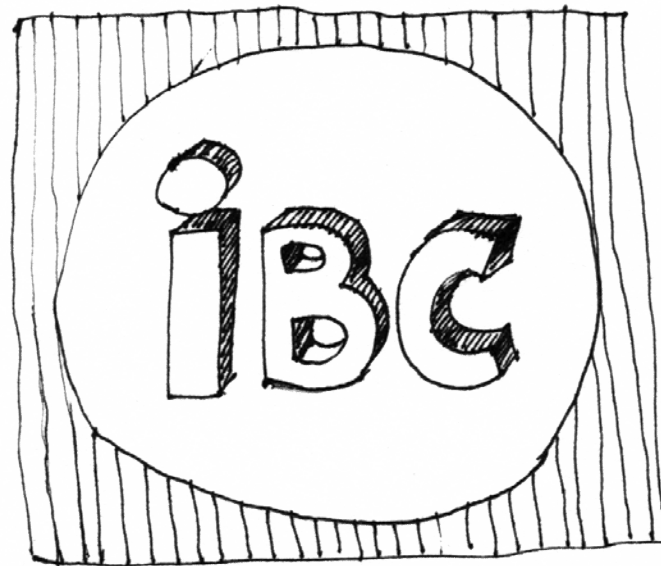


# Methods and Magic



"I believe we can change the world  
If we start talking to one another again."

Impulse Boost Camp, 2017

<http://www.asa-ff.de/portfolio/impulse-boost-camp>

**“Turning to one another.**

There is no power greater than a community discovering what it cares about  
Ask **“What’s possible?”** not “What’s wrong?” Keep asking.

Notice what you care about.  
Assume that many others share your dreams.

Be brave enough to start a conversation that matters.  
Talk to people you know.  
Talk to people you don’t know.  
Talk to people you never talk to.

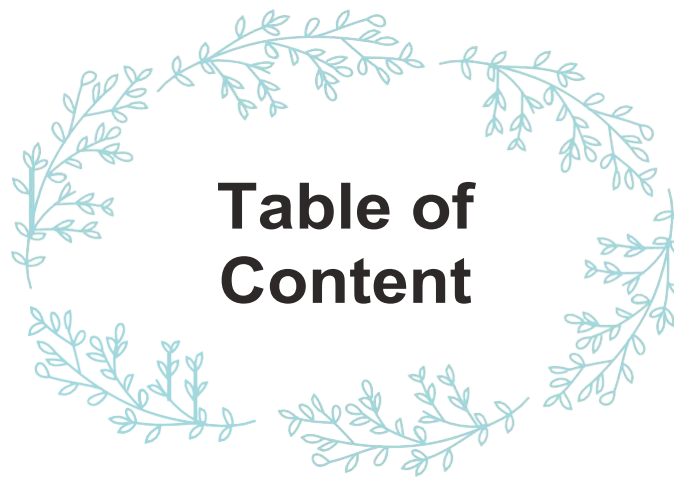
Be intrigued by the differences you hear. Expect to be surprised  
Treasure curiosity more than certainty.

Invite in everybody who cares to work on what’s possible. Acknowledge that everyone is  
an expert about something. Know that creative solutions come from new connections.

Remember, you don’t fear people whose story you know. Real listening always brings  
people closer together.

Trust that meaningful conversations can change your world. Rely on human goodness.  
Stay together.”

- by Margaret J. Wheatley



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More information about the impulse boost camp: <http://www.asa-ff.de/portfolio/impulse-boost-camp>





## Monday

(Arrival day)

### Dinner

Hello & Welcome,

Welcome Circle  
- Short introduction of the team house rules

Café International  
- Getting to know each other

## Tuesday

(Day 1)

### Breakfast

Introduction &  
Presentation of the Goals  
and of the Weekly  
Structure

"Leadership Journey"  
(with Nele)

**Lunch and Open Space**  
Positioning (with Franz)  
Egg Game (with Thom-  
asch)

Zyna on Leadership

### Dinner

Teambuilding (Blind  
Chicken and Circle of  
Chairs)

## Wednesday

(Day 2)

### Breakfast

Walt Disney Method (with  
Franz)

Personal Development  
session (with Thom-  
asch)

**Lunch and Open Space**  
Privilege Test (with Nele)  
and Sculpturing (with  
Franz and Thomasch)

### Dinner

Open Space and Games

## Thursday

(Excursion day)

### Breakfast

Trip to "LASS ES UNS TUN"  
@ Impact Hub Dres-  
den

**Lunch and Open Space**  
Postcolonial City Tour in  
Dresden

### Dinner

Visit of "Begehungen" Art Festival in  
Chemnitz

## Friday

(Day 4)

### Breakfast

Nature & Reflection  
Walk

### Lunch and Open Space

Project Development &  
Prototyping

Dinner Open  
Space

## Saturday

(Day 5)

### Breakfast

Project Development &  
Prototyping

### Lunch and Open Space

Tunnels Visiting  
Discussing the Results

Dinner Open  
Space

## Sunday

(Day 6)

### Breakfast

Project Development &  
Prototyping

Flow Writing

Dreaming Journey

### Lunch and Open Space

Prototyping Presentation  
& Evaluation

### Dinner

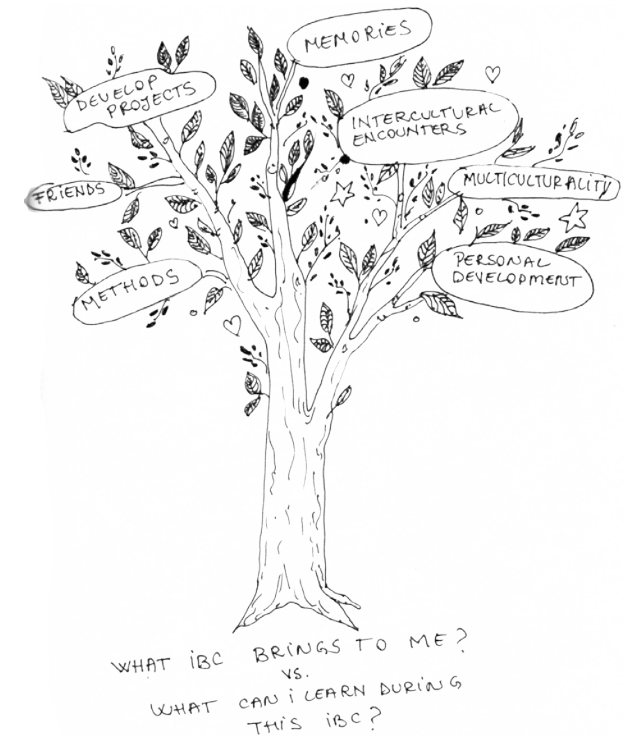
Goodbye BBQ with  
International Food &  
Party

## Monday

(Departure Day)

### Breakfast

Goodbye, Hugs and  
Waving Hands





## Welcome Circle with Emotion Cards

**Goals:** welcoming people, introduction of participants in a warm and welcoming atmosphere.

**Time:** 30 minutes

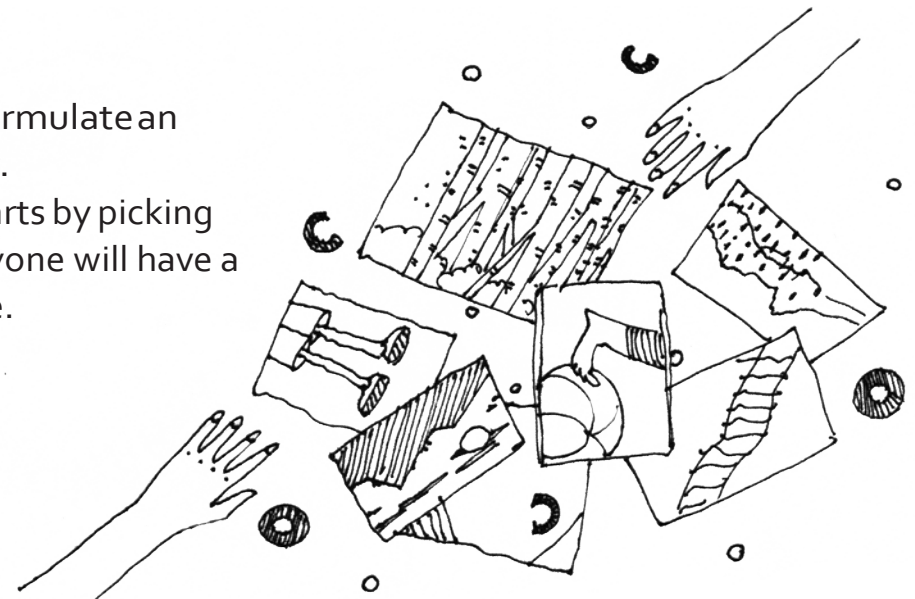
**Materials:** emotion cards, flowers (or other object with which you can decorate the room), candles, a singing bowl with a stick (can also be used as "talking stick")

**Content:** Participants sit in a circle. In the middle you can find several cards with different photos that express a certain emotion or atmosphere. Start with welcome words or reading. Ask the question:

**„What brings you here? “**

Everyone should look for a card which can help them to formulate an answer to the question or may even illustrate the answer.

The gong is the sign to start the talking round. One person starts by picking up the talking from the center and tell his/her answer. Everyone will have a chance to say his/her answer. People should feel free to share.



## Cafe International

**Goals:** getting to know each other in a lovely atmosphere

**Time:** 60 minutes

**Materials:** tea and snacks, questions on flipchart

**Content:** Arrange several tables with snacks on a plate in the middle. The trainers serve tea and coffee. People sit down and answer the first questions. After 15 minutes people change their table and answer the next question. And so on.

### Questions:

- What did you experience on your journey?
- What surprises others about you?
- What thing would you never throw away?



## Learning Journal

**Goals:** Check into the day, personal reflection

**Time:** 15 minutes at the beginning of each day

**Materials:** Paper and pen or book for the entire week

**Content:** Trainer asks questions and participants write down the answer down for themselves.



### Questions:

What personal experience or journey brought me here?

What do I understand under a "good" community?

What would I like to contribute to this "good" community?

If I could pick out one topic –the first topic that comes up to my mind intuitively – write it down in one to four words.

Which feeling comes up to my mind while writing these words?

How can I reach a better understanding for this topic?

What flashes of inspiration did I have today?

At what moment of time and content did a penny drop for me today?

What did I find puzzling, difficult or contradictory today?

What desire do I feel inside of me? What do I definitely need to find out?

What method we used made me happy?

How can I explore my perceptions and ideas?



Which assumptions could I question more?

Which sentence do I definitely speak out loud today or tomorrow?

Which information and resource of knowledge do I need to locate and interpret?

What new knowledge, skills or understanding have you gained during the process of writing your journal?

Have you changed your opinions or values during this week's experiences?

How can you improve your learning, thinking and working in the future?

Have you identified the next step for your development?

## Positioning

**Goals:** Getting to know each other or debating certain opinions/beliefs

**Time:** 3-5 minutes per question

**Materials:** space for participants to stand

**Part 1:** People should position in line by arranging themselves based on their answers. You can create scales (e. g. Yes – No, Agree – Disagree – North, South, East, West, the yearly circle, etc.)

Participants should be silent. Try to communicate in other ways besides talking. After the positioning, the trainer asks on details or why people are standing there.

### Questions to get to know each other:

Where is your home-base location? How tall are you? How old are you?

How many seminars/projects have I participated in so far?

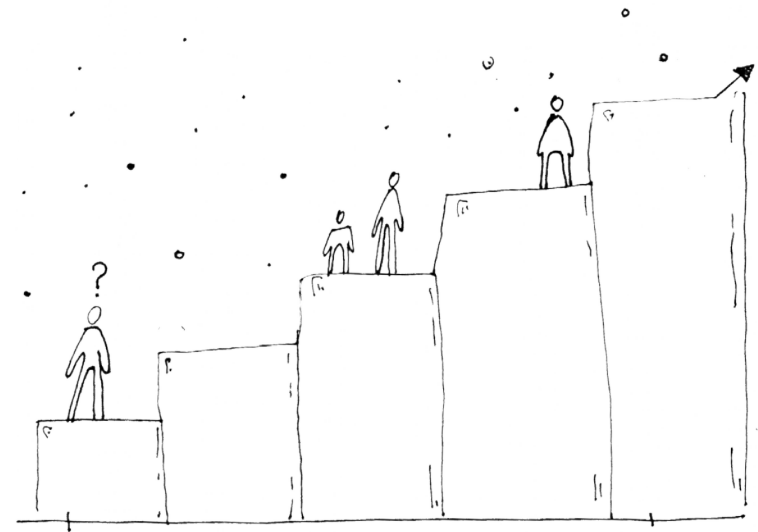
Where was the most inspiring trip (or project) located in?

Group yourself within your professional field.

### Questions on topics:

A good leader has more knowledge as the rest of team. A leader gives orders

A leader is a moderator and asks questions.





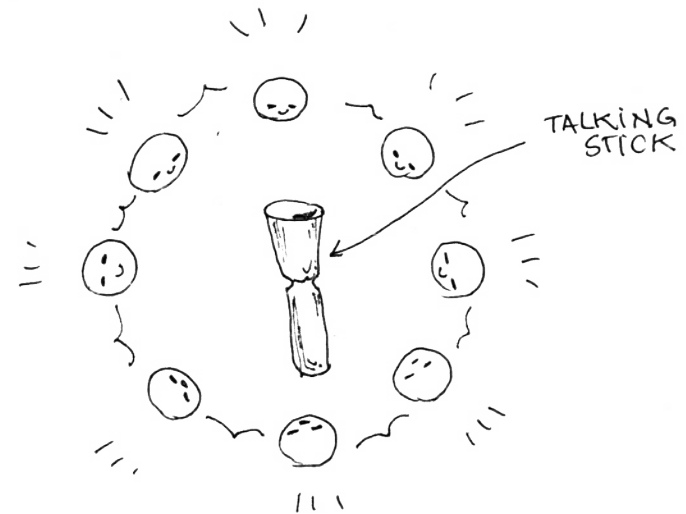
## Gift circle

**Goals:** Sharing potential and knowledge from everyone, building up a atmosphere of sharing and giving

**Time:** 15 minutes

**Materials:** Talking stick

**Content:** Sitting in a circle, everybody offers something to the group to share (e.g. "I can teach you the Sun Salutation Yoga Practice", "You can use my slack line" ...). Use the talking stick and pass it around several times in the circle in case people do not know what to offer in the first round.



## Principles

**Goals:** Creating a safe space

**Time:** 15-20 minutes

**Materials:** Cards, paper, pen, flipchart

**Content:** Sharing the principles of the seminar in order that everyone feels comfortable to express themselves and agreeing on them together. Take your time to explain what is meant by each principle. Visualize them on separate papers and put them on a visible wall for everyone, where they remain during the seminar.

**We ask for what we need and offer what we can.**

**We listen to each other with curiosity and compassion without judgments.**

**We love mistakes.**

**From time to time we pause to refocus.**

**Who ever are there are the right people.**

**Irritations have priority.**

**What happens in the circle stays in the circle**



## Self Organization Tasks

**Goals:** Distribute tasks and responsibilities among the participants and make them contribute (when a seminar is not an All-Inclusive-Hotel)

**Materials:** small papers on which tasks is written down (one paper per task)

**Content:** Any responsibility that can be shared, e.g.:

**Method Team**

**Bar Keeper**

**Photographer**

**Exchange Table**

**Party Committee**

**Kitchen System Manager**

**Energizer Team**

**Free Time Manager**

## Profile Poster

**Goals:** Getting to know each other by creating a profile sheet

**Time:** 60 minutes

**Materials:** A3 Paper and pen for everyone

**Content:** Let the group pair up to interview each other and create a profile poster with a picture and information such as:

Name, Age, Home, Occupation, Voluntary Work, Gift

What's your voluntary work are you doing/ have you done?

Why is this important for you? (

How you want to contribute to IBC?



## World Disney

**Goals:** Brainstorming, discussing project ideas, answering a specific question

**Time:** 60 minutes

**Materials:** Hats, 3 big paper, pen

**Content:** Formulate a specific question, e.g. How can we develop IBC further? How can we live more sustainable in our community? Prepare 3 corners with 3 papers. To answer the question people position themselves in 3 roles, the visionary, the realist and the critic... When you stand in the visionary corner, you are free to dream and formulate the answer as if there were no boundaries. The Visionary can never be criticized. The Realist is the one that is saying how to actually implement the visionary's idea and makes it concrete. The Critic is criticizing what the realist is saying.

People are free to go to the different roles at any time, there is no order. While changing roles try to make your idea clear. Make sure people visualize their ideas on the papers. The paper that contains the most specific outcome is the Realist one.



# Nature and Reflection Walk

**Goals:** Reflection

**Time:** 2 -3 hours

**Content:** Form groups of 4-5 people (experience has shown that is best when trainers form those groups). Those groups go on a walk where they should discuss several questions. After the walk do a reflection on the walk within the big circle.

**What was inspiring for you?**

**What did you take with you during the last days?**

**What behavior surprised you about yourself?**

**How do you imagine implementing this in your personal life? For what do you want to get feedback from the group?**



## Open space

**Goals:** Let the participants contribute, share knowledge, talk about things that were not planned in the schedule but need to be taken care of

**Content:** Prepare a grid on a big poster with different meeting locations and different time slots. Distribute paper and pens to participants. Everybody who wants to hold a session comes to the front explains the topic of the session and places his/her paper on the grid. Every group gets a paper to visualize their meeting. People are free to go to the slot of their choice. They do not have to stay in the group and are free to change groups at any time. At the end, someone from the group presents shortly what has been done.



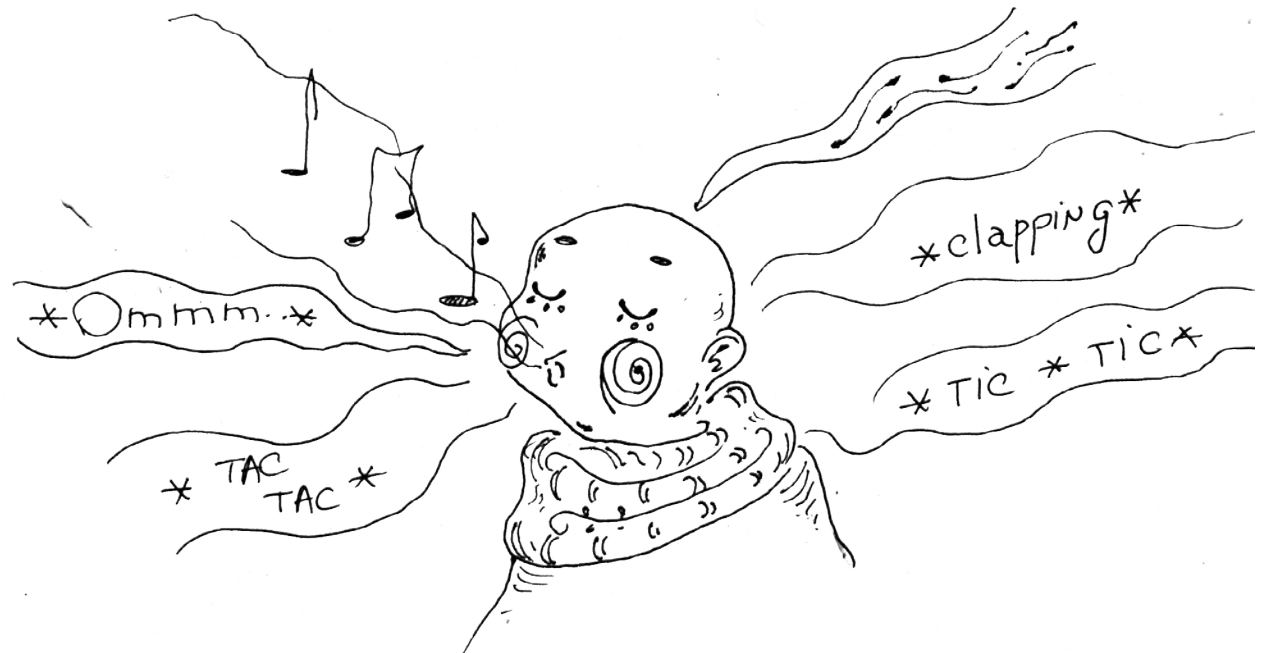
## Sound Tranquilizer

**Goals:** Become more sensitive, get into a calm state of mindfulness

**Time:** 15 minutes

**Materials:** Relaxing Atmosphere

**Content:** Everybody finds a comfortable place in the room. The trainer makes sure the group gets calm ("close your eyes, relax yourself, get aware of your body, your breath and of the sounds around you...") one trainer touches one participant after each other. When being touched the person makes one continuous sound until he or she is being touched a second time.





## Controlled Dialogue

**Goals:** Get a full understanding of each other's thoughts, conflict less debating

**Time:** 40 minutes

**Materials:** none

### Content:

Start with a question or controversial statement, e.g. „Everybody should eat vegan“. Let the participants pair up and decide who is pro and who is contra. Explain the structure of the discussion: Person A talks about his/her stance and starts with one argument. Before person B is able to name a counterargument, Person B has to paraphrase the argument of A, sum it up in own words and asks if it is understood correctly ("I understand that you say...") When person B has understood the argument of person A correctly, then he or she makes the next argument and person A paraphrases.



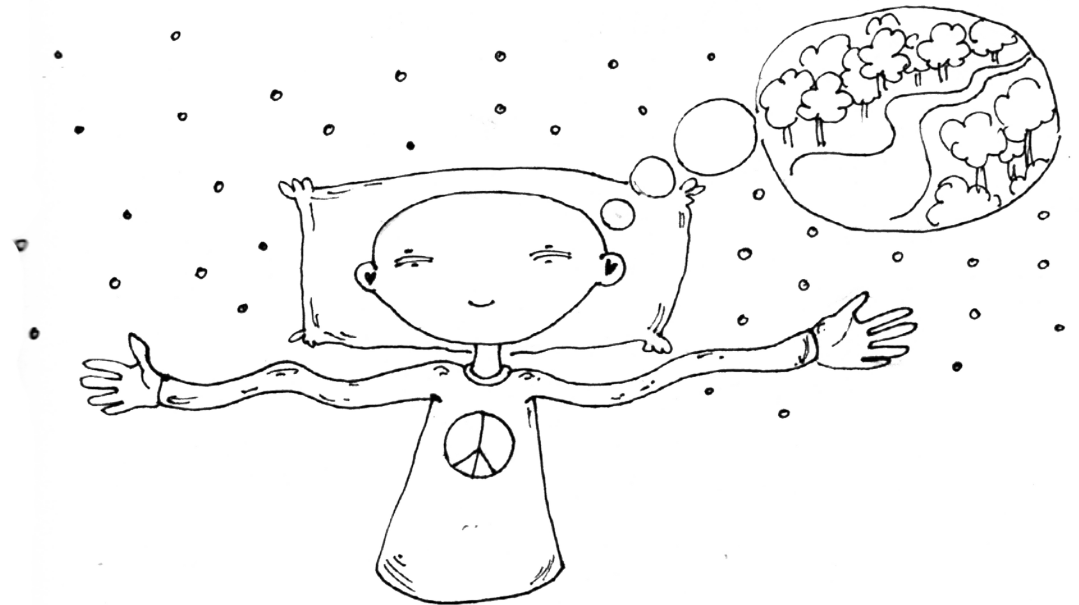
## Dreaming Journey

**Goals:** Find out how a perfect world, life and community look like. Dreaming about what personal impact to this perfect world each participant can have.

**Time:** 60 minutes

**Materials:** Relaxing Atmosphere, maybe pillows, blankets

**Content:** The trainer reads out the dreaming journey text slowly.



"I would like to go on a journey with you. A dreaming journey. We will travel together to a world of our thoughts, a world in the future, in which we are going to live happily and content. I will be with you on this journey, with some questions. It is your choice how far you will travel and how your destination will look like. Let your thoughts flow and relax. You will design a world that is only your world and it will look however you want it to look like.

Now you found your place where you can feel comfortable. What can you do that you feel even more comfortable now? Move in the position where you can relax. Please close your eyes.

Feel how your body is lying on the ground. Feel how your body is touching the ground. Feel your breath. Feel the air going in to your body, how the energy from the air is floating through your arms and legs. Feel how your belly is going up and down whenever you breathe in and out. In and out. In and out. With every time you are breathing out you can feel how your body is getting more relaxed. Feel how your legs are touching the ground. Feel how your legs are getting heavy and heavier. With every time you're breathing out your legs are becoming one with the ground you are lying on. Trust the ground. .... Arms..... head...

Maybe there is now one point in your body where you can find calm, relaxing energy. If you found this point, feel how the relaxing energy is sending out a warm feeling of relaxation. Feel how everything gets calm and quiet inside of you. Now your whole body will be full of the warmth feeling. You are relaxed. And now as your body is calm, you can start your journey to the future. Think about how your body is floating in the air. The wind is carrying you. You are light as a feather, flying through warm and sunny air. As you are floating through the air you are flying through your future

You are flying past your life until you are at the end of your life. Imagine, you had a beautiful life, a perfect life. You are very old right now and very happy. You are now landing on the ground. You are sitting on a nice comfortable chair. You are in front of your house. Here you feel home, you feel loved. The sun of the sunset is shining on your face. Can you feel her? You take a deep breath in and you feel how happy you are. Maybe there is a special smell? What would you like to see right now in this moment? Let you be surprised. What is surrounding you? What do you see? What colors are there? Are there other people or are you alone? Can you hear anything around you? Are the sounds far away or close to you? You are feeling very comfortable and relaxed on your chair. You love this place so much. You feel how happy this place makes you that you feel waves of love and happiness floating through your body. What is it that creates this beautiful atmosphere? Maybe it is the special colors around you, maybe shapes, tones, sounds, maybe a special smell or taste, is it a touch or a move? The more you listen to me now, the more awake you can follow my words. Be curious and explore what you see around you. Everything here is just perfect. Everything is how you wish it to be. See, who is living next to you. Which people are important for you? Which whom do you share a community? How is your relationship to the people around you? What makes this place so special for all of you? You have a good life. What is the reason why you call your life a good life? What sounds do you hear? Is your life fast or slow? How many people are working in your world? What are the people doing in your free time? Are you buying stuff or are you producing everything you need on your own? Is there money in this world? Or do you trade your things? Who decides about what is happening in your neighborhood? Who decides about how life looks like? Do you take

decisions together? Just lean back and relax again. While you're calm down you feel an intensive connection to your environment. You know that you are happy where you are.

Are you buying stuff or are you producing everything you need on your own? Is there money in this world? Or do you trade your things? Who decides about what is happening in your neighborhood? Who decides about how life looks like? Do you take decisions together?

Just lean back and relax again. While you're calm down you feel an intensive connection to your environment. You know that you are happy where you are.

Now you can have a look back on your life. Can you remember the time when you were full of energy, when you tried out new things and created something? Think about your values during this time. Were friends on your side? Was love in your life? Was there trust? Security? Adventure? What motivates you? What makes you go forward? Who supports you? You are enjoying that there are other people around.

People that are important for you. People with whom you can achieve your goals together. What did you do to make life better? What did you achieve? What was your contribution to the world? To a happy world where everyone lives together in peace? What did you do to create a better life standard for everyone? Did you achieve any projects where you felt it was right to spend time and energy for? Where you achieved something with others? Let's be surprised about your ideas. About your projects. You gave in life all you could. Everyday a little more.

What makes you now as you look back on your life especially happy? What makes you proud? What will people think of after you are dead? Just relax and think of everything you loved. Everything you did. Every- thing you explored. If you want you can look now as an old lady or men back on your situation now. You can see the future, what will come.

What would you like to tell your younger self now? Try to help your younger self. To encourage. To make you smile.

Enjoy your wisdom. Enjoy that you know what a good life is.

If you are ready, calm down and arrive back in this room. Feel your body in this room. What parts of your body do you want to move? Maybe your legs. Maybe your fingers. Your feet. Arrive back in the room now. Move every part of your body. Stretch yourself and open your eyes. Move slowly and breathe deep. Feel how every breath is filling your body with happiness and energy. Sit down. Welcome.

## Appreciative Inquiry

**Goals:** Create a space to share thoughts on a deep and personal level, can be used e.g. to reflect on the dreaming journey

**Time:** 45 minutes

**Materials:** Clock

**Content:** Build groups of three. Person A starts to share his/her experience that he/she had in the dreaming journey for 5 minutes without interruption. Person B and C listen with their whole presence and give space for person A. Afterwards person B asks questions to help A to get a deeper understanding of the experience. Person C is listening only, keeping the time and at the end shares what he/she observed. Afterwards switch roles.

## Prototyping

**Goals:** Develop and prototype project ideas

**Materials:** Paper, Pen, Flipchart, Materials for prototyping

**Content:** While staying in the Circle brainstorm about:  
**What ideas do you have to realize a project together with people from the IBC?**

**Part 1:** Building Groups and structure the topics

Let the participants write down the ideas, then cluster them according to topics and put it down in different places in the room. People move around and check each table/topic, and choose what they are most interested in while standing there. (30 min)

**Part 2:** Prototyping1

Let the groups build a prototype and a poster, on which they present the main ideas. (1 hour)

**Part 3:** Presentation

Present the paper/poster and the prototype in front of the others to get feedback and to understand the questions. Feedback is an important tool in the learning process.

We love mistakes.

**Part 4:** Prototyping2



Include the feedback from the others and work on it again to make it more clear, beautiful and concrete.

Use the S.M.A.R.T. guideline:

**S**pecific

**M**easurable

**A**cceptable

**R**ealistic **T**imely

### **Part 6:** Presentation

The groups present their work again and answer the questions from the group. Get more accurate feedback.

Explore the idea one more time.

## Flow Writing

**Goals:** Explore personal goals and visions for life

**Time:** 60 minutes

**Materials:** Paper, Pen

**Content:** Find a comfortable place in the room and take something to write. Start with letting the participants write down anything that is in their mind for 5 minutes (non-stop writing). Participants have 1 minute per question to write down whatever pops up in the mind. Mention that these are personal notes that do not need to be shared

**1. Challenges:** Look at yourself from outside as if you were another person: What are the 3 or 4 most important challenges or tasks that your life (work and non-work) currently presents?

**2. Self:** Write down 3 or 4 important facts about yourself. What are the important accomplishments you have achieved or competencies you have developed in your life (examples: raising children; finishing your education; being a good listener)?

**3. Emerging Self:** What 3 or 4 important aspirations, areas of interest, or undeveloped talents would you like to place more focus on in your future journey (examples: writing a novel or poems; starting a social movement; taking your current work to a new level)?

**4. Frustration:** What about your current work and/or personal life frustrate you the most?

5. Energy: What are your most vital sources of energy? What do you love?
6. Inner resistance: What is holding you back? Describe 2 or 3 recent situations (in your work or personal life) when you noticed one of the following three voices kicking in, preventing you from exploring the situation you were in more deeply:
  7. Voice of Judgment: shutting down your open mind (downloading instead of inquiring)
  8. Voice of Cynicism: shutting down your open heart (disconnecting instead of relating)
  9. Voice of Fear: shutting down your open will (holding on to the past or the present instead of letting go)
10. The crack: Over the past couple of days and weeks, what new aspects of your Self have you noticed? What new questions and themes are occurring to you now?
11. Your community: Who makes up your community, and what are their highest hopes in regard to your future journey? Choose three people with different perspectives on your life and explore their hopes for your future (examples: your family; your friends; a parent-less child on the street with no access to food, shelter, safety, or education). What might you hope for if you were in their shoes and looking at your life through their eyes?
12. Helicopter: Watch yourself from above (as if in a helicopter). What are you doing? What are you trying to do in this stage of your professional and personal journey?
13. Imagine you could fast-forward to the very last moments of your life, when it is time for you to pass on. Now look back on your life's journey as a whole. What would you want to see at that moment? What footprint do you want to leave behind on the planet?

What would you want to be remembered for by the people who live on after you?

**14.** From that (future) place, look back at your current situation as if you were looking at a different person. Now try to help that other person from the viewpoint of your highest future Self. What advice would you give? Feel and sense what the advice is and then write it down.

**15.** Now return again to the present and crystallize what it is that you want to create: your vision and intention for the next 3-5 years. What vision and intention do you have for yourself and your work? What are some essential core elements of the future that you want to create in your personal, professional, and social life? Describe as concretely as possible the images and elements that occur to you.

**16.** Letting-go: What would you have to let go of in order to bring your vision into reality? What is the old stuff that must die? What is the old skin (behaviors, thought processes, etc.) that you need to shed?

**17.** Seeds: What in your current life or context provides the seeds for the future that you want to create? Where do you see your future beginning?

**18.** Prototyping: Over the next three months, if you were to prototype a microcosm of the future in which you could discover “the new” by doing something, what would that prototype look like?

**19.** People: Who can help you make your highest future possibilities a reality? Who might be your core helpers and partners?

**20.** Action: If you were to take on the project of bringing your intention into reality, what practical first steps would you take over the next 3 to 4 days? (Source: Theory U – Otto Schamer)

**Part 2:** Reflection on the Flow Writing Experience

**What surprised you?**

**What question was hard to answer?**

**What did you find out?**

Split up the group into pairs, and invite participants to reflect on their experience. Again, mention that journaling is private and that each participant decides what she or he wants to share.









# AREN'T WE THE SAME?



## • KEY PARTNERS

- filming crew (free)
- participants (free)

- as diverse as possible
- connections (friends, family etc.)
- universities
- retirement homes

## • KEY ACTIVITIES

- Video (event for that!)

## • KEY RESOURCES

- filming equipment
- participants (50)
- location (Istanbul, Bagcilar)

## • CUSTOMER RELATIONSHIP

- interactive:
  - ↳ challenge to ask each other (Turks, Kurds) these questions
- send in video responses
- **SOCIAL** rather than political!

## • VALUE PROPOSITIONS

- PEACE

## • CHANNELS

- Facebook
- Youtube
- also in public!











## **Fooling around playing rock/paper/scissors.**

- If someone loses a match, you must become a cheerleader for their victor
- The cheerleaders shout and dance and support their victor in their next games.
- Players can gather more and more cheerleaders as the game goes on.
- When both players have Cheerleaders, the winner takes all.
- The final round has a dance off between the cheerleaders before the two remaining players duel for victory.
- Music is preferred for this game!

## **Horse Race**

**Participants:** doesn't matter

**Time:** 5-10min max.

- We are riding horses and are doing a horse races;
- We have different moves:
- Right/ left turn lean to the right/ left
- Water basin jump
- Branches over racing course duck
- Passing the queen smile nicely and wave
- These are alternated by the instructor
- The last move is the photo finish a cheering/ happy/ winning pose

## Smurf-Gargamel-Cat

**Participants:** 2 groups, max 15 people each

**Time:** 10-15min

- With this game, two teams are playing a 'rock-paper-scissors' scis- sors- variation: Smurf-Gargamel-AzXXXX
- The Smurf chases away Gargamel; Gargamel chases away the cat; and the cat chases away the smurfs. Each character is connected to a gesture and a sound: smurf: forming a hat with your hands over your head and shouting smurf-smurf- smurf; Gargamel: both hands in front of your shoulders, forming a frightening gesture and making scary sounds; cat: forming a cat-gesture with the hands and shouting 'meow.'
- Each team picks one of the above figures and on the count of three; they will do the gesture towards the other team.
- Whichever team chases away the other must catch the fleeing team before they reach a 'safe line' designated before
- All the caught team members switch to the other team and the game continues with each team picking a character etc., until there is only one team left.

## Pop-Corn-Game

**Participants:** doesn't matter

**Time:** 5 Minutes

- There are corns and there are popped corns.
  - Corns can move by making very fast tiptled steps and say: „hot-hot-hot“ the whole time because they are moving in a hot pan.
  - At the start, there is just one popcorn which is moving via jump and saying: “pop-pop-pop. ”
  - If popcorn jumps (sensitively) into a corn the corn will be a popped corn.
- The goal of this game is to turn every corn into popcorn.

## Evolution Rock-Paper-Scissors

**Participants:** doesn't matter

**Time:** depends on quantity

- People are freely moving (not rushing) in a big space.
- Everybody starts moving as an Amoeba.
- The Amoebas are playing rock-paper-scissor against each other. The winner is becoming a fish (fish-like movements); the loser stays an amoeba.
- If two fishes are meeting: they play, and the loser becomes an amoeba again; the winner becomes a monkey (with according movements).
- If a monkey wins against another monkey the monkey evolves into a human being (the losing monkey becomes a fish again etc.)
- Humans winning against each other become an enlightened, transcendental creature embracing peace.
- The game ends if no one can evolve any further.

## Puking Kangaroo

**Participants:** max. 25

**Time:** 5-10min

- The group forms a circle, with one person in the middle
- The person in the middle points at one person in the circle ("person A") and assigns gestures and the matching sound to them that they and the person right and left to them ("person B" and "person C") have to perform:
- Puking kangaroo: person A forms a bucket with hands; persons B and C puke in the bucket, making the appropriate sounds
- James bond: person A takes a James Bond posture; persons B and C admire "Bond," exclaiming "Oh James!"
- Toaster: person A hops up and down; persons B and C form a shoulder-wide 'toaster-frame' around person A with their hands.
- Laundry machine: person A: bends forward and turns the head around quickly (like a laundry machine); persons B and C form a half-circle each, forming a complete circle – a laundry machine

## Boom-Tschakalaka

**Participants:** doesn't matter

**Time:** 3 Minutes

- You're all standing in a circle. There is one speaker and others who follow the sounds.
- It starts with your normal talking voice:
- The speaker "I say Boom-Tschakalaka"
- The others: "I say Boom-Tschakalaka"
- The speaker: "I say Boom-Tschakalaka-Tschakalaka-Tschaka-Boom"
- The others: "I say Boom-Tschakalaka-Tschakalaka-Tschaka-Boom"
- The speaker: "oh yeah!"
- The others: "oh yeah"
- This is then repeated
- with a fist in the mouth
- With a loud voice.
- Whispering.



## Two-Circle Name-Game

**Participants:** 2 groups; 10-15 for each group (odd)

**Time:** 10-15 min

- The objective is to call names to help participants to remember them.
- The group forms 2 circles; one inside (circle A) the other (circle B), so each participant is standing in front/behind of another participant.
- The person without a partner (stands in the outside circle, circle B) starts naming people from the inside circle, circle A. When a person from circle A hears their name, runs to the person who named them. At the same time, the person from the circle B, standing behind, tries to stop them. When everybody runs and changes their positions, the people from the circle A, change position with the people from the circle B and starts it over again. The game ends when everybody played a little.

## Bunny-Bunny

**Participants:** max 40 participants.

**Time:** 10-15 min

- All participants make a circle where everybody can see everyone's eyes.
- All participants start at the same time saying "O-e-sha", and doing the movement with their arms similar to the typical "yeah" when you are right. So it seems like you are taking the energy from the circle and bringing it close to you. The leader starts saying "bunny bunny – bunny bunny". In the first "bunny-bunny", the person is taking the bunny from their eyes, and with the two fingers from "win", is representing the bunny-bunny, looking at themselves. In the second bunny-bunny, they're turning the fingers to outside and sending the bunny-bunny with contact eyes. When someone receives the bunny-bunny, the two people standing next to them, start saying "toki toki – toki toki", doing waves with their hands, around the bunny-bunny person. When all participants know the rules, every time somebody does a mistake, is out of the

circle.

- The game ends when 15 or less participants are still playing (they are the winners) the objectives are to make contact eyes and children movements to make participants lose shame and trust each one.



## Impulse Game

**Participants:** 10+; if playing with 15+ use two impulses

**Time:** 10 Minutes

- Everybody is standing in a circle. There are 2 different types of impulses which will be continued by the person standing next to you on the right/left.
- Shouting „HUH“ while clapping in the direction of the one standing next to you on the right side.
- Shouting „HAH“ while clapping in the direction of the one standing next to you on the left side.
- If you don't want to continue with the impulse which was given to you just raise your arms and shout „BOING“ so that the person who gave the impulse to you has to continue in the opposite direction with the opposite impulse.
- You can also transfer the impulse to another place in the circle with clapping in the direction of someone standing in the circle and shouting „ZOOM“. That person then has to continue with the impulse.

## Hugging-Snake

**Participants:** at least 4

**Time:** 3-5 min

- Participants stand in a circle, hands over each others' shoulders
- The circle opens at one point and one of the people next to the opening starts turning towards the remaining neighbor;
- This movement is continued and the group forms a huge group-hug with the original 'circle line' becoming a spiral.

## Pack My Name

**Participants:** doesn't matter

**Time:** 15-20 min

- Everybody is in a circle. There are two ways.
- NAME - ADJECTIVE
- The leader starts saying zir name loud together with an adjective that starts with the same letter as zir name. EX: Lila – Love.
- The next participant repeats Lila – Love and adds zir own.
- Each participant continues repeating all names before and adding zir own till the circle is complete.
- The last one repeats all.
- NAME – GESTURE
- The leader starts saying zir name loud together with a movement or gesture with zir body. EX: Lila + the symbol of love with the hands
- The next participant repeats Lila doing the gesture and adds zir own.
- Each participant continues repeating all names and gestures from the participants before and adding zir own till the circle is complete.
- The last one repeats all.
- More than 20 participants: just repeat the names and adjectives or gestures from the last 5 people.

## Counting-game

**Participants:** max. 10-15

**Time:** varies, approx. 10 min

- The group is sitting in a circle with closed eyes or lying on the floor – importantly, they can't see each other
- The goal is to count from 1 to 20 without an agreed pattern; if two people say something at the same time, the group has to start over

## Little Pony

**Participants:** min of 15.

**Time:** 5-10min

Description:

- Everybody is in a circle and the first pony rider starts running inside the circle singing the song:

*Riding around on my little white pony*

*Riding around on my little white pony*

*Riding around on my little white pony*

*And this is how we do it*

- The person stops in front a person and starts singing and dancing together, and moving the way the song tells you. So "front", both participants stand in front the other; "back" both participants give the back; and "side" both participants give one side.

*Front front front my baby*

*Back back back my baby Side*

*side side my baby And this is*

*how we do it*

- After singing, both participants start riding inside the circle singing the first lyrics again. They will stop in front of two other participants.
- The game ends when everybody became a pony rider.

See the example: <https://www.youtube.com/watch?v=7EhTS6bX-z8>

## Rocket

**Participants:** doesn't matter

**Time:** 1 Minute

- Everybody is standing in a circle.
- You'll then start clapping on your feet.
- You'll slowly move the claps together towards your body via legs, belly, breast until you'll throw them in the air.
- While doing this you'll shout „oooooooooooooooooooooh“(clapping) and „heeeeey“(throwing your arms in the air).

## Name the Blanket

**Participants:** 2 groups; max 40 participants

**Time:** 10-15 min

- We split the group in two teams, and leave a removal blanket in the middle, so participants from each group can't see the ones from the other side. Also, everybody is sitting in the floor.
- Each group chose a person to be in the front. Group A and Group B
- The leaders remove the blanket and each person in the front need to say the name from the other one faster.
- If group A is faster, then the person from Group B goes to Group A. And the opposite.
- The game ends when one group has to fewer participants or after a while.

## Massage-circle

**Participants:** doesn't matter

**Time:** not determined

- People give shoulder/neck massages to each other, with everyone also receiving a massage at the same time

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