

Name of the workshop Building the Group Through Play	Duration 90 min	Number of participants/group formation Plenary, individually, in small groups
Aim of the activity The aim of this session is to strengthen group connection by co-creating shared agreements and experiencing cooperation through play. Participants first define the “rules of the playground” , and then enter their first cooperative group mission where communication, trust, creativity, and mutual support are needed.		
Learning objectives By the end of the session, participants will: ○ co-create shared group agreements for the training; ○ understand that safe participation requires clear and supportive rules; ○ experience cooperation through a playful group challenge; ○ reflect on how play can support communication, trust, and group belonging; ○ connect the experience with their role as youth workers and facilitators.		
Materials needed for the activity ○ flipchart paper; ○ markers; ○ sticky notes; ○ tape; ○ prepared flip chart titled “Our Playground Rules”. ○ cardboard; ○ scissors; ○ paper strips; ○ string or wool; ○ optional: magazines, coloured paper, simple craft materials.		
Preparation needed for the implementation of the activity (preparation of the environment/space, or personal preparation, if any) Before the session, prepare one main flipchart with the title: Our Playground Rules Prepare enough flip chart papers and markers for small groups. Prepare material stations, one for each group. On each station, place an envelope or paper with the mission: Your mission: Build a symbolic portal into the journey. The portal should show what people need in order to enter this journey together. You have 20 minutes. Everyone in the group must contribute something.		

Instructions

Short Transition from Session 1 (0–5 min)

Instructions

“In every game, there are rules. But the rules are not here to limit us. They are here to help us play, learn, express ourselves, and feel safe together.”

1. Explain that the group will now create its own playground rules.

Activity 1 - Build the Playground (5 – 35 min)

Step-by-step instructions

1. “If this is our shared playground, what do we need so that everyone can participate, feel respected, and enjoy the process?”
2. Divide participants into small groups of 4–5.
3. Give each group one flipchart paper.
4. Ask them to design 5–7 **Playground Rules**.
5. Give them guiding categories:
 - How do we communicate?
 - How do we listen?
 - How do we respect different levels of energy?
 - How do we handle sensitive topics?
 - How do we include people who are quieter?
 - How do we use phones and digital tools?
 - How do we take care of time, space, and each other?
6. Tell them the rules can be written seriously or creatively. For example:
 - “Challenge ideas, not people.”
 - “No one is forced to share more than they want.”
 - “Step up, step back.”
 - “Phones are tools, not escape portals.”
 - “Fun is welcome, humiliation is not.”
 - “We listen to understand, not to prepare an answer.”
7. Give groups 10 minutes to create their rules.
8. Each group presents only their 3 most important rules.
9. While groups present, the facilitator writes repeated or important ideas on the main flipchart: **Our Playground Rules**.
10. After all groups present, the facilitator reads the collected rules aloud.
11. Ask the group: “Is there anything missing that would help you feel safer, freer, or more included?”
13. Add final suggestions if needed, especially around:
 - voluntary participation;
 - the right to pass;
 - confidentiality;
 - respect for different emotional reactions;
 - humour without humiliation;
 - support from facilitators if someone feels uncomfortable.
14. Ask participants to show agreement with the final version using a simple gesture, for example thumbs up, hand on heart, or silent applause.
15. Place the final group agreement somewhere visible in the room for the rest of the training.

Activity 2 - Enter the Game: The First Cooperative Mission (35 – 80 min)

Step-by-step instructions

1. Explain that now, after creating the playground rules, participants will enter their first cooperative mission.
2. Divide participants into 4 - 5 groups.
3. Give each group one mission sheet and materials.

Expected outcomes

- the group has created visible Playground Rules;
- participants have experienced a first cooperative mission;
- participants understand the importance of shared responsibility in group work;
- the atmosphere becomes more connected and playful;
- the group is prepared for deeper reflection in the next session.