

Allow for a few seconds of silence and then tell them to begin. Depending on the situation, it may be a brief hassle (less than a minute) or you can let it go longer, but do not let it extend beyond 3 or 4 minutes. Call 'stop' and debrief.

Debriefing questions might include:

- what did people do?
- how did they feel? What did you notice about your body language, voice, or other ways your body responded to conflict?
- what ways did you find to solve or deal with the conflict?
- are there things you think you could have done differently to respond more constructively to the conflict?

Replay the role play (perhaps add another element, or develop the situation), switching roles around. Moving one line up and having the person at the end go to the other end of that line is a quick and easy way of mixing up the lines.

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## Brainstorming

**Time:** 15 minutes, or longer

### Goal or purpose:

- Brainstorming is a group technique designed to generate a large number of ideas in a limited amount of time.

### How it's done/facilitator's notes:

The facilitator gives the group a question (for example, 'what is nonviolence?') or an issue you want to come up with more ideas ('developing a fund-raising strategy'), then asks the group to come up with as many ideas and responses as possible. The following guidelines will help produce an effective brainstorm.

- Focus on quantity: The more ideas generated, the more to pick from.
- No criticism: Criticism, challenges and discussion should be put 'on hold' until the brainstorming is done.

### **Nonviolence brainstorm**

Try coming up with a single definition to answer 'What is nonviolence?' Through the brainstorm the participants can share many answers to that question — try to find enough commonality to reach a final definition that everyone can agree on. It can be enlightening to do a 'What is violence' brainstorm at the same time, again, trying to reach a definition. The facilitator should pay attention to key words, and check to make sure that words like 'power' and 'anger' don't only appear in the violence brainstorm. This can be used to support and inform other exercises, such as the spectrum game (p213).

- Unusual ideas are welcome: To get a good and long list of ideas, encourage creative responses to a problem.
- Combine and improve ideas: Good ideas can be combined to form a single very good idea.
- The facilitator should be aware that a brainstorm usually starts slowly, picks up speed as ideas are sparking other ideas, and then slows down again.

### Wrapping up

After all the ideas are up on the wall, ask if there is anything that people have a question about, or that they disagree with. Open this up for discussion. You don't always need to come to consensus following a brainstorming session. Or you may want to sort out the answers for further discussion.

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## River of life – gender lens

**Time:** 45 minutes minimum, depending on how much time is spent sharing the drawings.

### Goal or purpose:

- To explore how gender has shaped and influenced participants' lives, and help participants to articulate this.

This version of 'river of Life' focuses on exploring participants' journey to their understanding of gender, but this can be used in a whole host of other ways too, exploring different parts of identity, or as a broader tool for articulating life experience. Adapt the instructions to fit different forms.

### Preparation/materials:

Minimum – a piece of paper and pen for each person.

Larger pieces of paper, and a wider range of art materials (paint, coloured pens, glitter, charcoal, glue, coloured paper) can also be helpful.

String and clothes pegs or bulldog clips – set up a 'washing line' across the room to display the final pieces.

### How it's done/facilitators notes:

Tell the group something like;

*"We're going to explore how gender has been a feature in each of our lives, the influence gender has had, how we have felt, how we have been seen by others, and the impact that this has had on us."*

Nonviolence

Gender and nonviolence

Strategy

Education is freedom: popular education

Nonviolent actions

Working in groups

Case studies

Israel: New Profile learns from the experience of others

Training

Power flower

Who has power in a school

Training