Social Club

BRIDGE Lab

Activity 1.1

Exercise 1.1a – Reflection Task Individual Work 10-15'

Let's start by thinking about three questions:

1. What do I need to participate well?

2. What do I need to feel respected?

3. What do I need to feel safe?

Remember that there are no right or wrong answers. There might be issues connected to language, time-management, physical needs (fresh air, coffee...), respect, trust, listening, certain routines to mention a few. In the next exercise you will share your reflections in small groups, so get ready to share some of your thoughts.

Exercise 1.1b – Understanding Each Other Better Group work, 30'

By sharing our insights and responses to these questions, we deepen our understanding of one another — as students, teachers, and members of the same community. This understanding is essential. How can we create safer spaces if we do not recognize the diverse needs within our group?

While building inclusion requires compromise from all of us, those compromises should be thoughtful and respectful — ones we can genuinely live with. With these insights shared, we are now more prepared to shift our focus from individual perspectives to the group as a whole.

Towards better understanding and shared guidelines

First create groups of 4-5. Share in this group your reflections on previous questions (1. What do I need to participate well? 2. What do I need to feel respected? 3. What do I need to feel safe?). Remember that everybody shares the things they feel safe to share. Then think together how you would answer to next questions:

4. How can we ensure together that we can participate well, feel respected and safe?

5. How can we maintain and foster safer space together?

6. What do we do if the safer space is broken? How do we repair it together to be stronger?

Your task is to decide together on **3-5** most important points that you would like to communicate for the whole group. Cherish the dialogue and ensure that all group members who want, have the possibility to talk and share.

Exercise 1.1c – Exercise 1.1c. Our Shared Guidelines 30-45'

Now it is time for the final phase of this exercise: creating a list of guidelines that everybody in your group can agree on.

All the small groups will **present** the list of 3-5 points (questions: 4. How can we ensure together that we can participate well, feel respected and safe? 5. How can we maintain and foster safer space together? 6. What do we do if the safer space is broken? How do we repair it together to be stronger?) Write in short the main points to the board/flip chart (physical or electronic). **What are the things you can all agree on?** These are the guidelines for working together and it is important to have them clearly verbalized. There might be a need to come back to them, modify or add some things in time. Write the guidelines to a flipchart or something similar, so you can go back to them easily when needed.

Our Shared Guidelines