

# COMMUNICATION STARTER



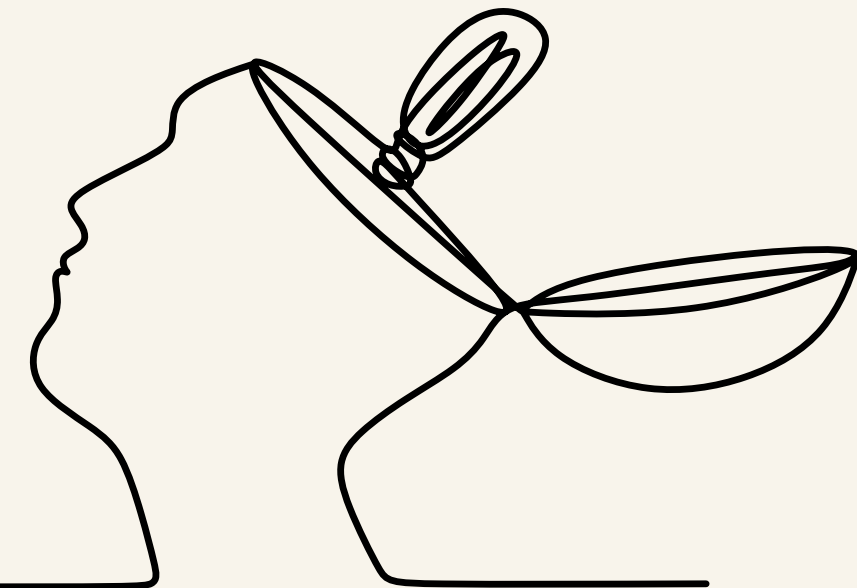
A tool to make communicating easier

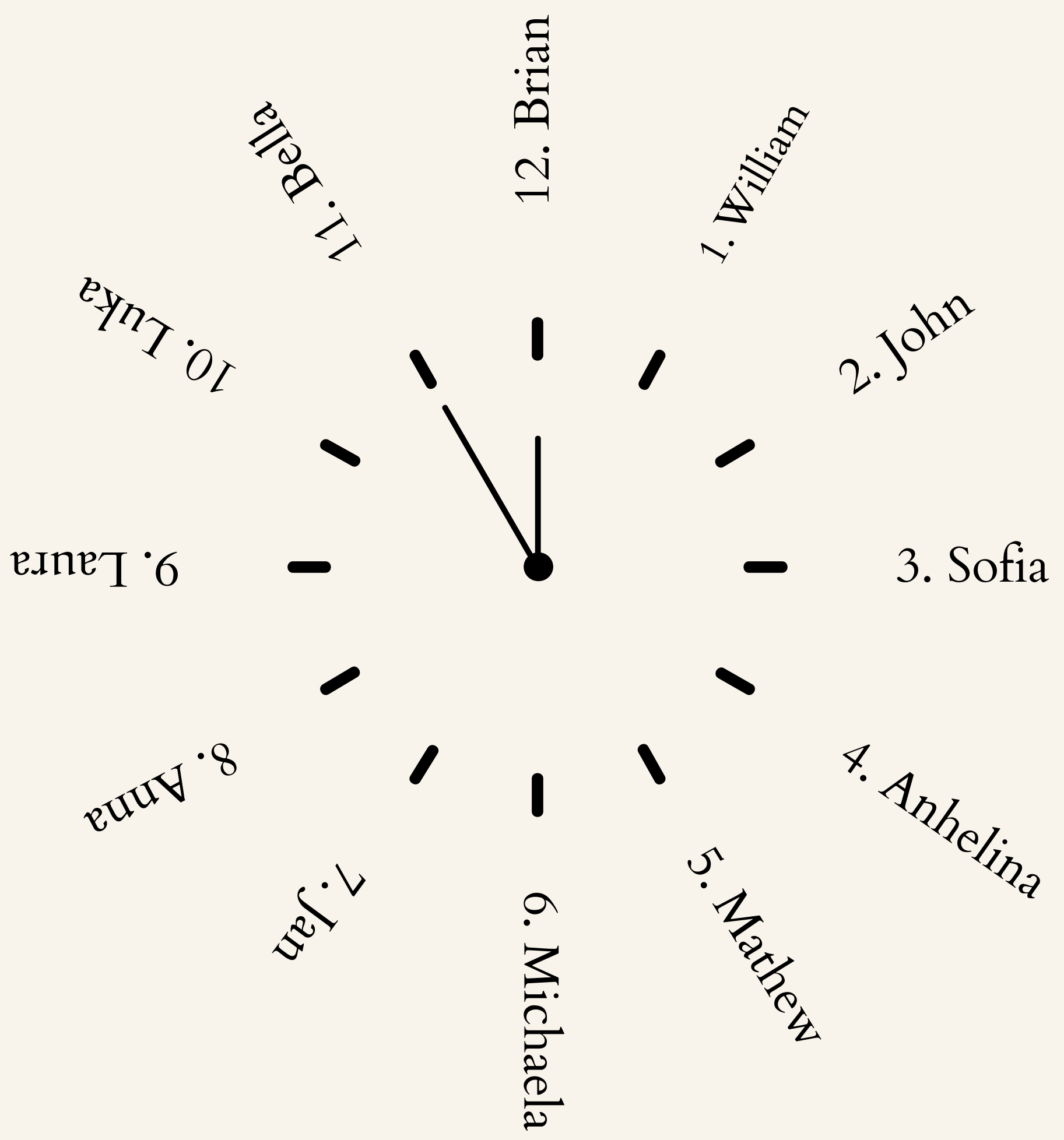
# PROBLEM

Children aged 13–18 years old tend to have problems in communicating with others. They are having difficulties in starting deep conversations with their peers as they start to grow into young adults

# SOLUTION

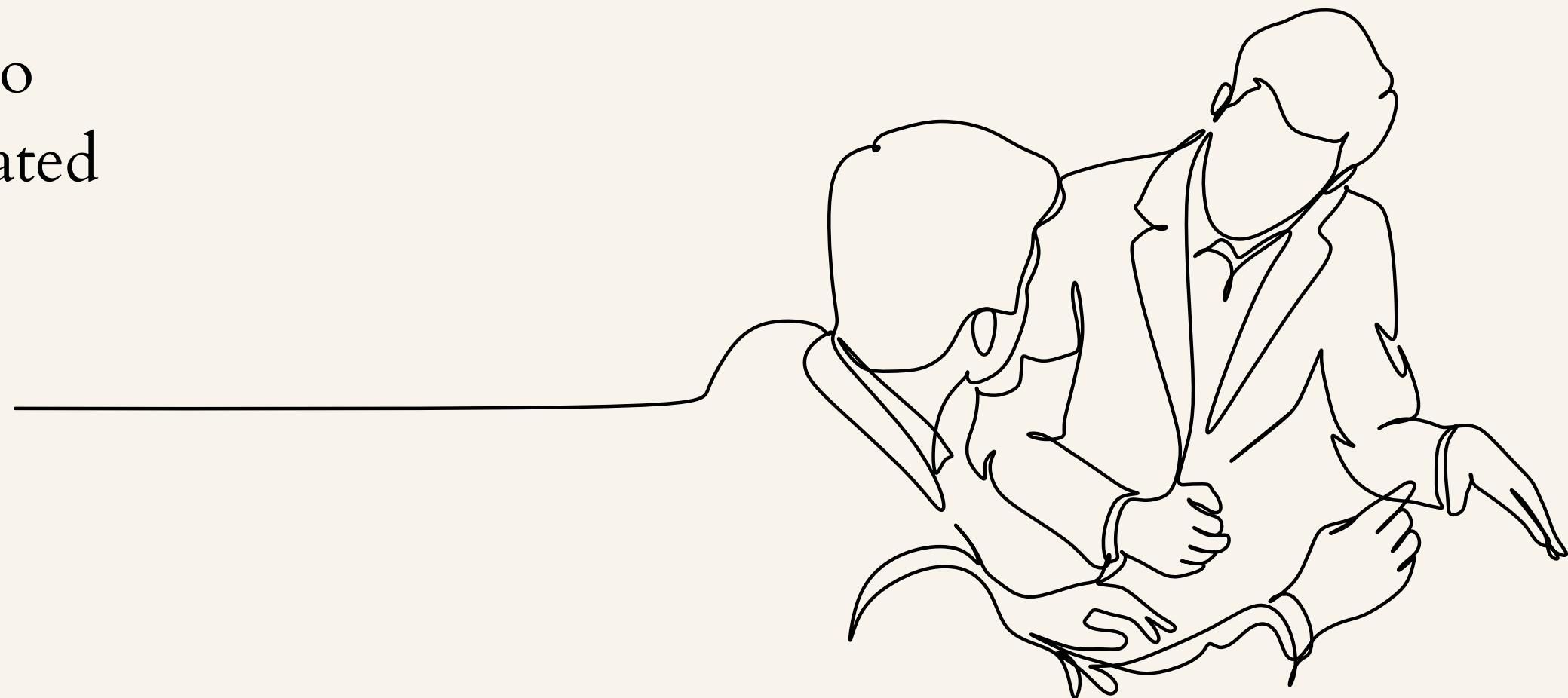
Interactive game that encourages conversations and establishes the connection between classmates





# RULES: FIRST METHOD

1. Each student gets a paper with a clock
2. Students arrange 1on1 conversations with 12 different classmates
3. The game has 3 levels of questions
4. Game starts from the 1st level and moves to 2nd and 3rd when a teacher thinks that it can already accordingly to what kind of connections students created (1 level lasts about 80 minutes)
5. Just before every hour meeting the questions are read out loud
6. A pair is given 3-5 minutes for each question.



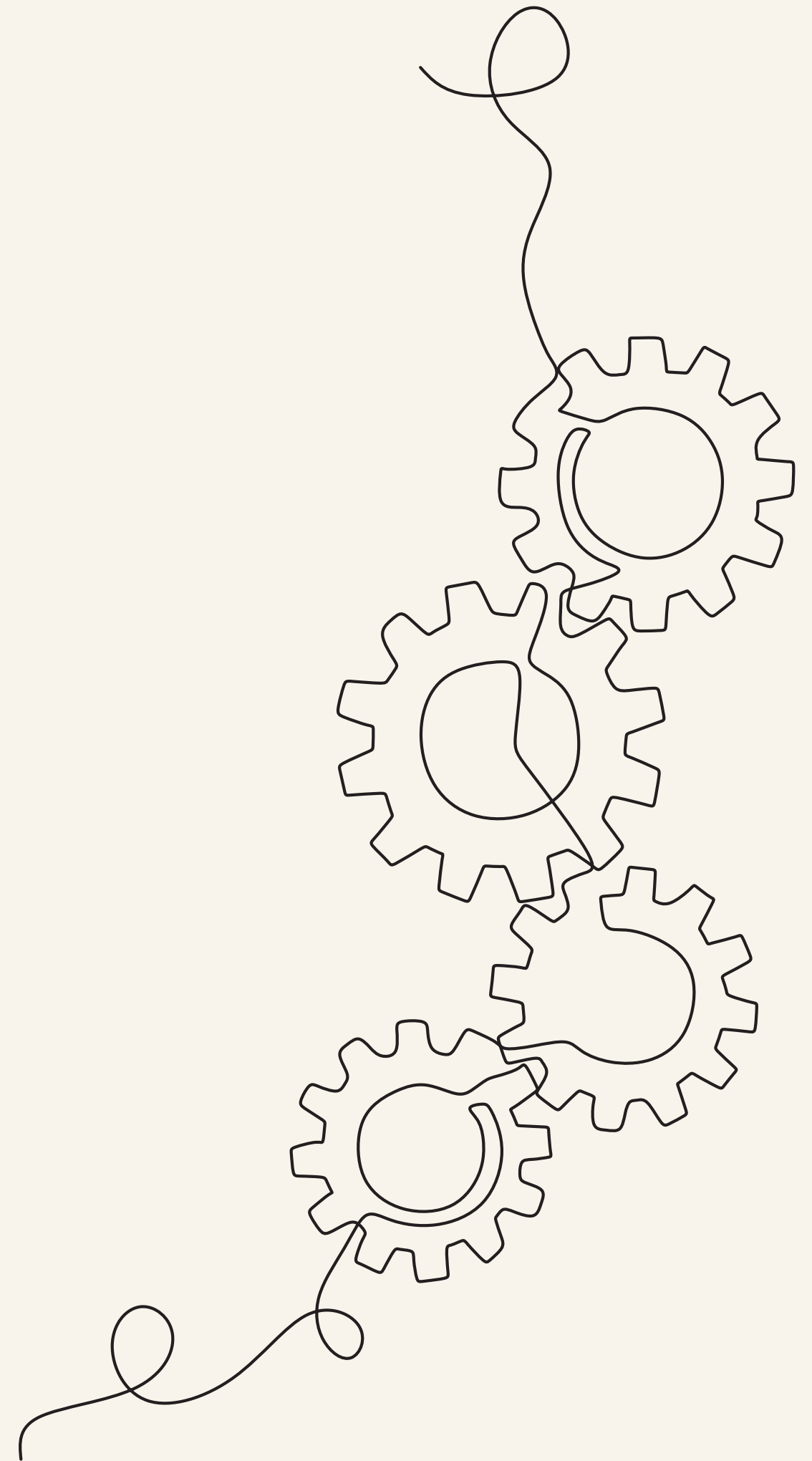
# RULES: SECOND METHOD

1. Each student gets a paper with a clock
2. Students arrange 1on1 conversations with 12 different classmates
3. The game has 3 levels of questions
4. Game starts from the 1st level and moves to 2nd and 3rd when a teacher thinks that it can already accordingly to what kind of connections students created (one level lasts about 80 minutes)
5. Just before every hour meeting the questions are read out loud
6. The pair has to choose who is the 1st one and who is the 2nd
7. Each person in the group is given separate questions to answer in 1-2 min.
8. When speaker is speaking the listeners job is to listen and say nothing. If the speaker has nothing to say they both sit in silence



# LEVEL 1

These questions are light-hearted and intended to break the ice. Students get to know random stuff about each other through small talks.



What skills would you like to develop?

What is your favorite music artist?

If you had opportunity to talk with the one person from the past or the present in the whole world who that person would be and why?

Which country would you like to visit the most?

What 3 things you would change in the classroom?

What bothers you the most?

What is your favorite meal?

What advice would you give to your parents? Why this advice?

If you have to eat one meal your whole life what that meal would be?

Would you like to be famous? In what way?

What would constitute a “perfect” day for you?

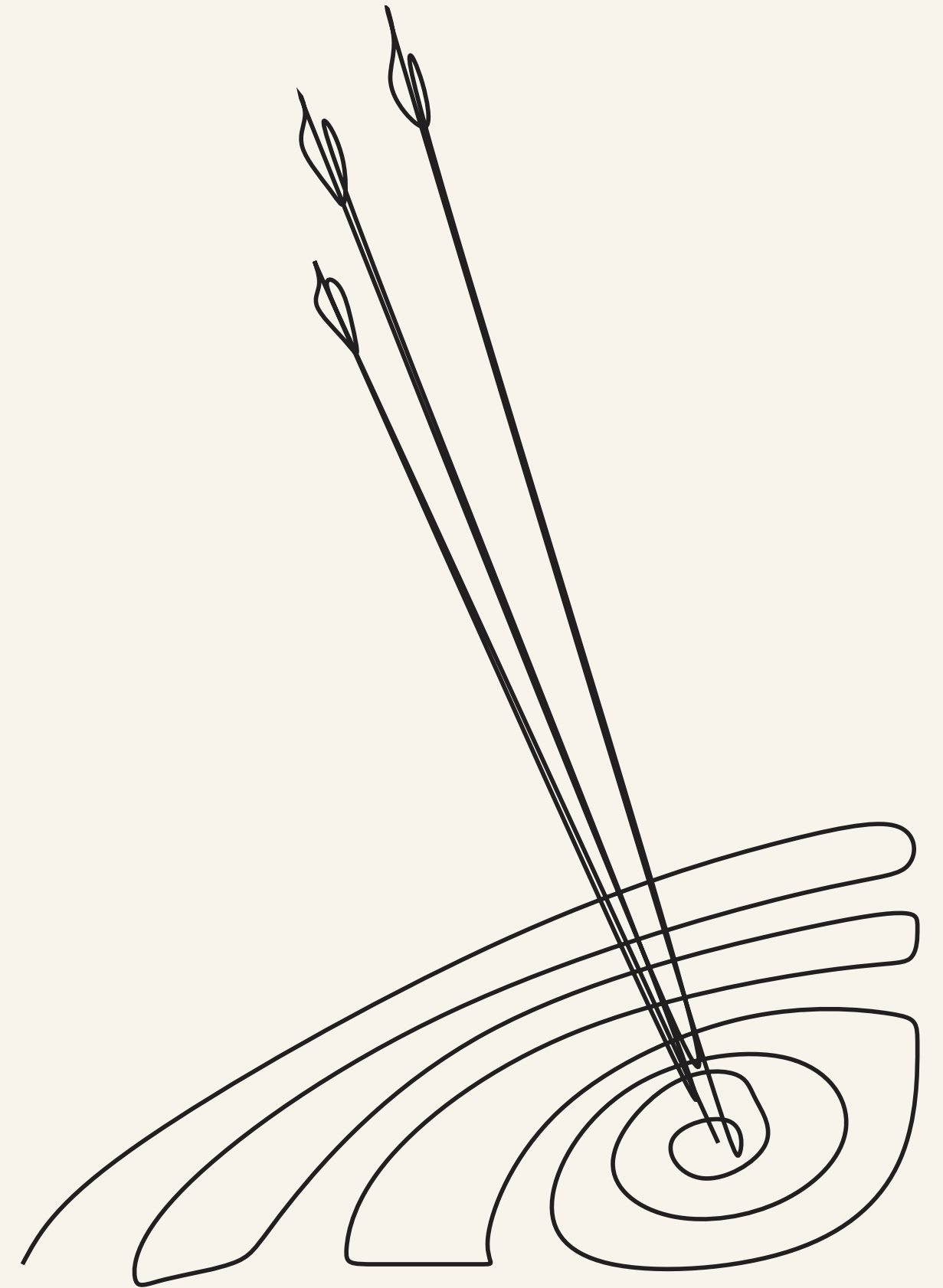
Name three things you and your partner appear to have in common. For what in your life do you feel most grateful?

What superpower would you want to have?

What is wrong with this world?

# LEVEL 2

Questions get slightly more personal and enable students to open up about their personality, beliefs and views.





# TOUCHING ON THE SECOND LEVEL:

1st pair: Nothing

2nd pair: Holding fist bumps

3rd pair: Pointing fingers are touching

4th pair: One feet is always touching

5th pair: One knee is always touching?

6th: One hand is on one another shoulder

7th pair: Holding each other one hand

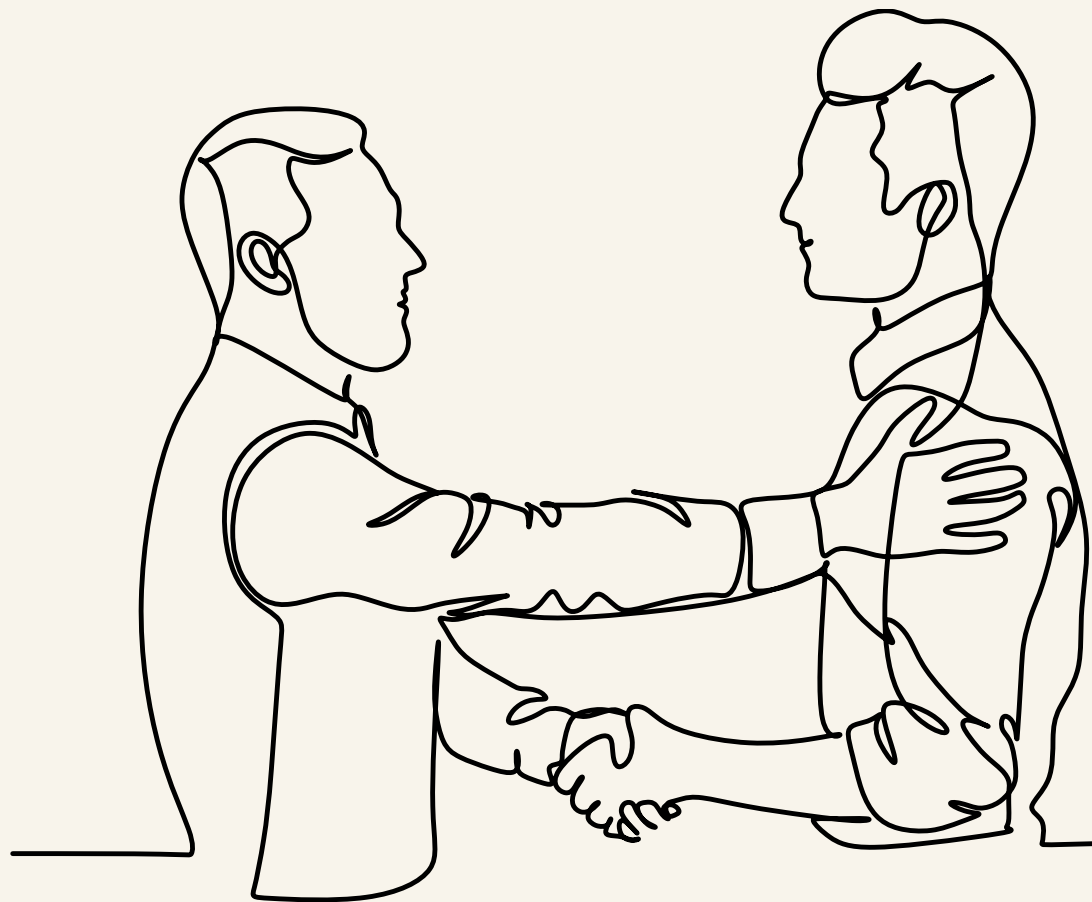
8th pair: Touching each others nose

9th pair: One hand on others head

10th: Holding both hands

11th: Shoulders are touching

12th: Always looking in the eyes



What qualities should your best friend have?

What do people usually misunderstand about you?

If you received 100,000 euros, what would you buy for yourself?

What behavior in others hurts you?

If you could choose to save 50 people, experience true love or receive a million, what would you choose?

If you could solve one world problem, what would you solve and why?

If you could go back in time and change one thing in your life, what would you change?

Tell me when you felt uncomfortable at school and others didn't know it.

What are you afraid of?

Tell me about your happiest life event.

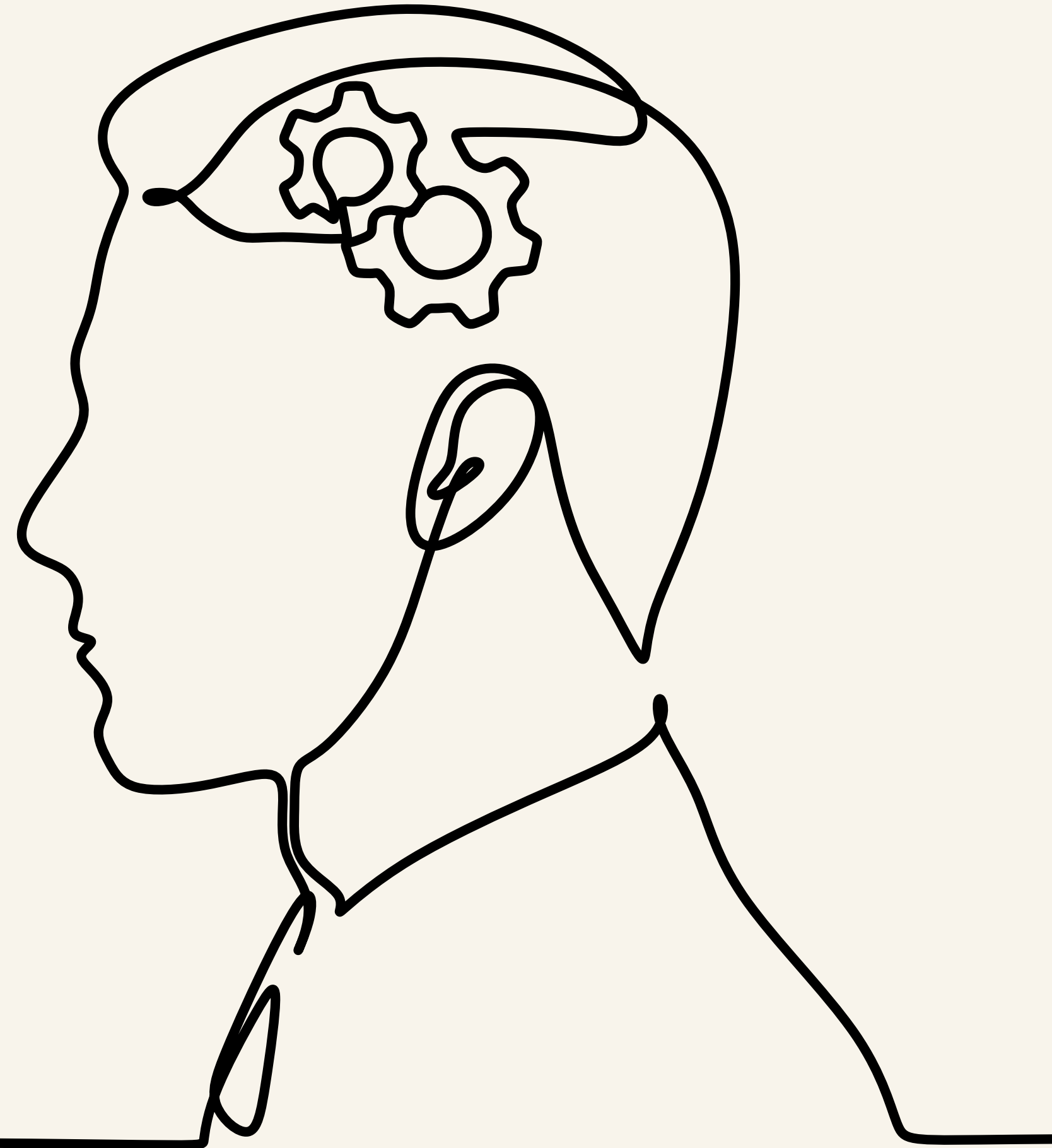
How do you manage to make decisions in life?

What would you say to 10 year old yourself?

Imagine you couldn't fail, what would you do in life to achieve that?

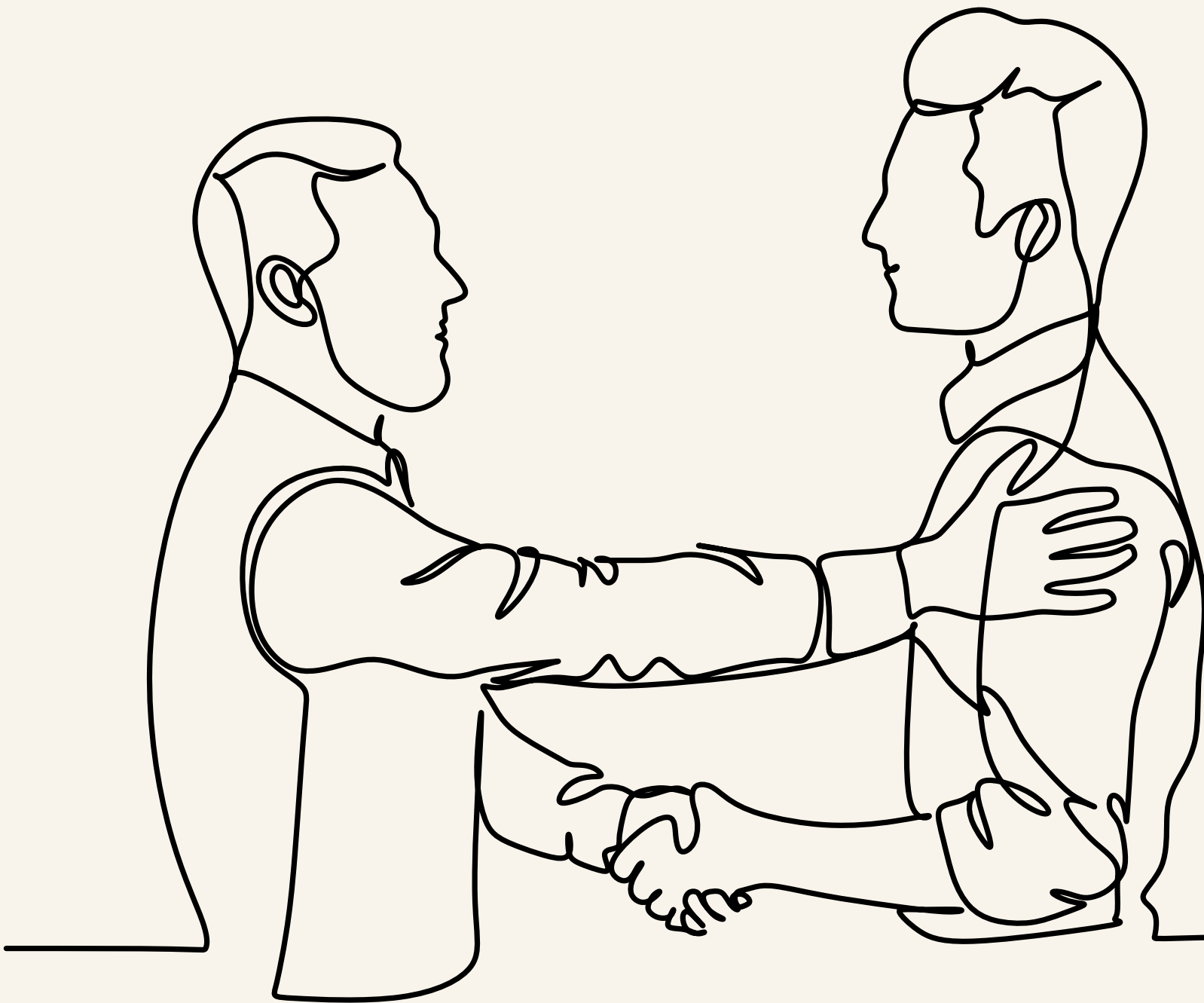
# LEVEL 3

Here the questions get more profound and intimate. They also serve as a learning tool in regard to learning problem-solving and how to help one another.



# THIRD LEVEL RULE

In this whole third level session the participants always have to maintain eye contact to create a deeper connection



If you met the death what would you say to it?

How would you like others to feel around you?

What are you truly afraid of losing in your life?

What is love?

How do you act when you are in love?

What would you like others to know about you?

What do you wish you didn't know?

What do you do when your friend cries?

Who do you talk about when you are sad?

Share an embarrassing moment in your life.

When was the last time you cried? (Why? Optional)

Are you afraid of failure? Why? If no, why people are afraid of failure?

# WHAT IT BRINGS?

It is a tool, helping young people to understand how to start a conversation on a deeper level and create a connection. To create relationships with people they spend every day with. It puts you out of your comfort zone and breaks a fear of intimacy. Helps to prevent feeling of loneliness. Gives opportunity to learn something about each other and from each other.

