

Annex I. Instructions for teachers

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- Invite participants to think about a conflict they experienced, but avoid too sensitive topics.
- Clarify that they can stop or leave the room if the need to, as the activity may evoke deep feelings.
- Through this activity, participants will start reflecting more on their and on the other person's feelings/needs, getting a different insight on the conflict, with a more "forgiving" approach.
- This activity can contribute to enhancing their self-awareness and their ability to listen to the other, to make them feel heard.
- Changing partners, each participant will be able to get different insights and perceptions on the situation.
- The activity can be implemented without going deeper into concepts of nonviolent communication/ connecting communication, but using the four principles as general "rules" on how to do the exercise.