

Circle of twins

Adolescents discover things they have in common by forming a circle of twins without speaking

📄 4/5

📄 1/5

🕒 10 min

1

||| Facilitator says

"We are now going to form a circle of twins, so that we can see how we are connected to each other. Each person should stand next to someone who is a twin. For this activity, being a twin means having one thing in common with the other person."

2

Demonstrate by standing next to an adolescent.

3

||| Facilitator says

"If I want to stand next to this person, we have to find something we have in common. For example, I am wearing a white shirt, and she is wearing a white shirt, so she is my twin and we can stand together."

||| Facilitator says

"You have one more challenge, which is that you need to form a circle of twins without talking. Are you ready?"

4

When the adolescents are ready, let them start to form their circle. Walk around and observe. Gently remind them to stay silent. Help them to find and notice things they have in common. As a line of twins forms, help them to become a circle by bringing the two people at the end of each line together as twins. Find a way to join the circle with a twin on either side.

5

Once the circle is formed, ask the adolescents to applaud their good work and to discuss how they are connected as twins:

||| Facilitator says

"Let's go around in our circle and try to guess how each person is a twin with the person standing next to them."

6

Questions about communication:

- ▶ How did you communicate with each other without talking? What strategies did you use? How did it feel?
- ▶ Communicating without talking is called nonverbal communication. (If adolescents aren't English speakers find an equivalent term in their language). Do you ever use nonverbal communication in your day-to-day life?

7

Questions about communication:

- ▶ What do we all have in common?
- ▶ Did you notice any similarities between yourself and other people in the circle that you hadn't noticed before?

Environment

Indoor or outdoor space.

Supplies

None needed.

