

# DYADS

## AIM:

This activity aims to create a safe and sympathetic setting by Dyad technique — conscious work in pairs. In this activity, each participant attunes to self while also sympathetically listening to their communication partner. The activity helps to build mutual trust, safe setting and also enables the two participants to develop a relationship.

## TYPE OF ACTIVITY:

opening activity

## TARGET GROUP:

**group size:** ideally, the number of people should be even; any size

**age:** 15–25 years

**gender:** any gender

## DURATION:

- ▶ introduction to and explanation of the activity: 10 minutes
- ▶ work in pairs (Dyads): 12 minutes
- ▶ discussion: 15 minutes

## ACCESSIBILITY:

- ▶ having conversations in pairs

## MATERIALS:

- ▶ an object producing sound (e.g. a singing bowl, a bell, etc.)

## PROCESS:

Ask your group to work in pairs. Ask each pair to find their place in the room, so they are not distracted and would feel good there. Next, each pair's task is to talk about a specific topic using the Dyad technique.

## REFLECTIVE QUESTIONS:

- ▶ How did you feel when you had a chance to express yourself without being interrupted by the listener?
- ▶ How was it for you when you did not have a possibility to comment on the speakers' talk?
- ▶ Was your communication partner able to reproduce your story with the same meaning it carries for you?
- ▶ Was it difficult to reproduce the story of your speaking partner while keeping the meaning it has for them?
- ▶ During the Dyad activity, have you personally found anything surprising?