

WHAT IS A GOOD RELATIONSHIP?

AIM:

The exercise should make different arrangements and positive experiences of relationships visible and strengthen them.

TYPE OF ACTIVITY:

opening activity; also possible as an in-depth or closing activity

TARGET GROUP:

variable

DURATION:

- ▶ 35 to 40 minutes

ACCESSIBILITY:

- ▶ ability to read

MATERIALS:

- ▶ poster with the terms (magnets)
- ▶ stickers or pencils
- ▶ alternative: one set of questions per person, paper, and tape

PROCESS:

The participants mostly think of relationships as a love attachment. Because of this, at the beginning, there should be a conversation about different relationships.

After this, a poster with all the terms should be put up, visible to everybody. Each person gets 5 stickers or takes a pencil and marks 5 terms that are most important for a good relationship in their opinion. Afterwards, there will be a discussion.

Possible opening questions could be:

- ▶ Was it easy/difficult for you to decide?
- ▶ Why did you choose these terms?
- ▶ Why did you leave out the other terms?
- ▶ Can we see a cluster of terms, and why do you think so many people opted for these terms?
- ▶ Can we see some singled out terms, and why do you think so few/only one/no one chose them?

ALTERNATIVE VERSION:

For each person, the sentences will be printed and cut out. Each person ranks the terms according to personal importance. After this, the results will be put next to each other and discussed. This version is suitable for small groups.

ALTERNATIVE VERSION FOR OLDER PARTICIPANTS:

With older participants, there could be no given terms. Each person thinks of terms for themselves, or about 20 terms can be collected together.