

3 buttons



Social skills and relationships
Resources and self-efficacy
Self-assessment and solution orientation

95



Communication
 Learning and soft skills



any group size; group work



15 minutes



- to cultivate communication skills
- to reflect upon individual skills and coping strategies and share them with others



Three buttons (alternatively: marbles, stones, etc.) for each participant



none



1. Divide your participants in groups of 2-4 people.
2. Distribute 3 buttons to each participant.
3. Ask your participants to think for each button of a challenging situation in their lives which they have nevertheless overcome.
4. Ask them to share two of these stories with the group.



- Which challenges have you overcome that you remember?
- Which of your abilities and skills helped you?
- Were there people that supported you?
- How did you feel afterwards?
- How did it feel sharing these experiences with the group?



If you think that for your specific group it might be possibly harmful or traumatizing to simply let them think of hard and trying moments of their lives, you might want to give a specific topic, like for example challenges in their learning process etc.

