



## CONVERSATION CIRCLES WORKBOOK WEEK 2

Name: \_\_\_\_\_ Week 2

### A - GETTING TO KNOW EACH OTHER

#### Activity 1: What would you choose?

- a. Select one of the following pairs and decide which of the two options you prefer (e.g., churrasco), writing down 3 reasons for your choice.

| Churrasco | Feijoada |
|-----------|----------|
| Reasons   |          |
| 1         |          |
| 2         |          |
| 3         |          |

| Bicycle | Motorcycle |
|---------|------------|
| Reasons |            |
| 1       |            |
| 2       |            |
| 3       |            |

| Countryside | City |
|-------------|------|
| Reasons     |      |
| 1           |      |
| 2           |      |
| 3           |      |

| Man     | Woman |
|---------|-------|
| Reasons |       |
| 1       |       |
| 2       |       |
| 3       |       |

- b. Find someone who chose the other option (e.g. tennis) and try to convince them that your choice is better than theirs
- c. Were you able to convince them? How were you able to persuade them?





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### B - CRITICAL THINKING – how we think and how to make better decisions

#### Activity 2: Who do you trust?

After the week 1 session you were asked to Identify someone in your community whom you trust, it could be someone local or a national figure.



- a. In your groups, identify the qualities of the person that made you choose them.

| Qualities that make you trust someone | Ranking of qualities |
|---------------------------------------|----------------------|
|                                       | 1                    |
|                                       | 2                    |
|                                       | 3                    |
|                                       |                      |
|                                       |                      |
|                                       |                      |

- b. Discuss and agree in your group what are the top 3 qualities for a trustworthy person.
- c. Was it easy/difficult to agree on the 3? Explain.

**Activity 3: In your opinion, where is a good place to have a picnic or party?**



Evaluating options

- a. **Individually** make a list of the key factors for having a successfully picnic/party with your friends and family in your area.

What are the key points to consider?

For example: enough space for everyone, access to water, available blankets, or tables/chairs, walking distance or transportation, etc.

| <b>A- Make a list of key factors for having a picnic or party</b> | <b>B- Agree with your group which 5 items are the most important – from most important to least</b> | <b>C- Why are they important?</b> |
|---|---|-----------------------------------|
|   | 1   |                                   |
|   | 2   |                                   |
|   | 3   |                                   |
|   | 4   |                                   |
|   | 5   |                                   |

- b. In your group discuss and agree a ranking of 5 items from most to least important, noting why they were important in the final column c
- c. Was it easy to agree on the most important items in your group? Why/why not?

Activity 4: **Fact or opinion?**

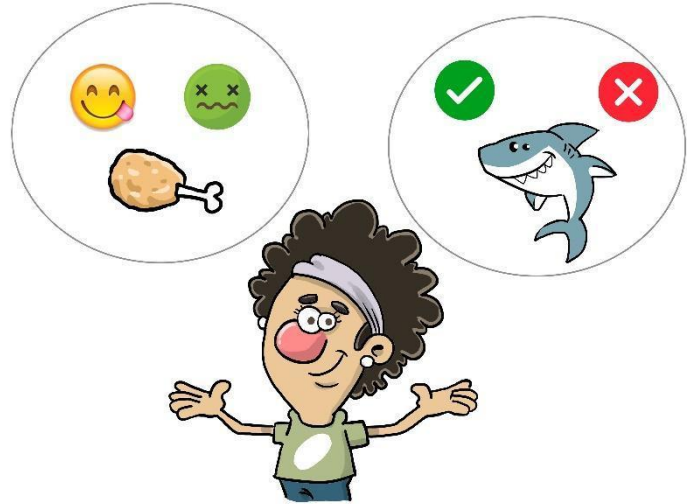
- a. In your groups discuss the following statements and draw a line under the ones you think are facts:

Our lungs put oxygen into our blood

Fried chicken is delicious

Bicycles are dangerous

Sharks are a type of fish



- b. Discuss in your groups what makes a fact different from an opinion?
- c. Think of some more facts or opinions to add to the ones above:

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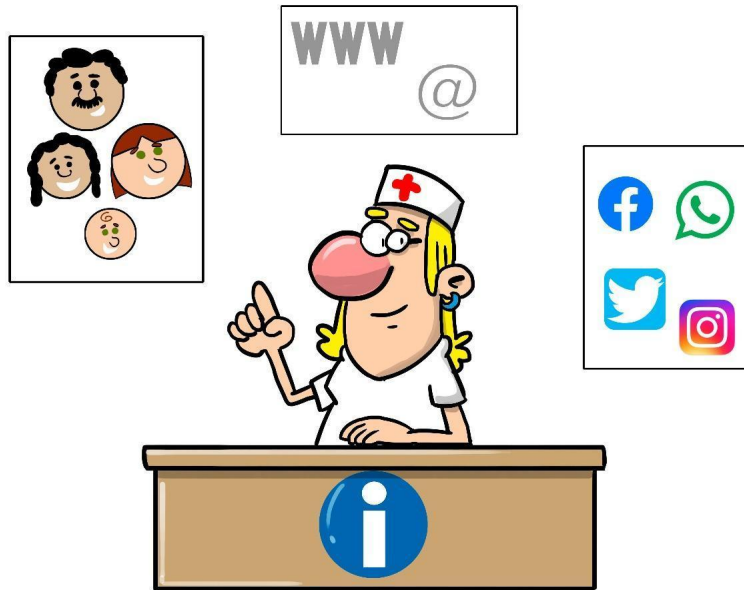
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**Activity 5: Where do you get information about health issues?**



a. On your own, fill in the 3 columns of this table.

| Where do you get your information about health problems? | Yes or no? | Why do you trust this source? | Which is the source you trust the most = 1, the least = 5 |
|--|------------|-------------------------------|---|
| Your local community                                     |            |                               |   |
| The government   |            |                               |   |
| Family friends   |            |                               |   |
| The internet   |            |                               |   |
| Social media (WhatsApp etc)                              |            |                               |   |
| Your doctor  |            |                               |   |
| Radio/TV   |            |                               |   |
| Somewhere else - where?                                  |            |                               |   |



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### C - REFLECTION AND MOVING FORWARD

Pause and make some personal notes – what have you learned today about information we hear or read every day?

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#### Activity 6. Reflecting on keeping an open mind

- a. In your groups use the flipchart paper and coloured markers to draw a picture representing a statement of opinion that you like (one of the ones we looked at earlier or another one you make up).

How are you going to make your drawing show other people that the statement is not a fact and is just one person's perspective or belief?

The picture doesn't have to look beautiful, but everyone should make a contribution!



- b. Choose one team member to show the picture to the other teams and explain what it means.



## CONVERSATION CIRCLES WORKBOOK WEEK 2

### **Moving forward**

In today's session we have seen that, in order to trust a person or an organisation, we need to be confident that facts about them are true. We also need to keep an open mind about things and sometimes we must change our minds in order to make a good decision.

For the next session:

Think about a time when you learned to see something from a different perspective. How did your perspective change?