MEMORY PROJECT

GROUP ACTIVITY *Walking and Talking*

This activity can be used to help group members get talking easily about a wide range of topics. It can be useful at different times in the programme. For instance:

- it can be used at the beginning of the training programme to help people to get to know each other
- it can be used to help wind down at the end of a hard day, giving people a chance to go back over things that worried them.
- it can also be used to get feedback – by asking group members to tell each other what they liked best, what they didn't understand or didn't agree with.
- sometimes it fits well into the middle of a topic, giving group members a chance to move about and at the same time talk to each other about a problem or a new idea that the trainer has raised in the session.



Procedure.

Tell the group that you will be asking them to walk around the room or the compound at a pace that is comfortable for them. It's a bit like walking through the market. Every now and then they will stop and have a chat with a friend.

- Ask group members to clear chairs or mats out of the way and then start strolling around, this way and that, until you call out STOP

- When you call STOP you want them to look around till they spot someone they would like to talk to. Tell them to make their way to that person or small group of people

- Tell them what you want them to discuss. This will depend when you are using this activity. For instance:
  - if its being used to help people get to know each other, suggest some basic questions name, how many children they have, interests or special skills….
  - if its being used at close of day, encourage people to "offload" about anything that has been hard in the programme or say what they are looking forward to when they get home.
  - if you are using the activity to break up a tough subject, give clear instruction about what you want them to discuss with each other.
- give them 2 minutes talking time, then tell them to walk on again.
- repeat the process until everyone has had a chance to meet or until all the questions have been discussed.
- bring everyone back into a circle and take any general comments on how it felt. Then:
  - if this is the start of day use the moment to explain what will happen next.
  - if its at the close of day, thank group members for their efforts to join in all the way through and comment on the hard work that has been done.
  - if you used the activity to get people talking about ideas being raised in today's topic, ask for their comments and questions and be ready to work on their feedback as you move on to the next part of the topic.