

Dźwigary i kula burząca

Celem ćwiczenia jest zwiększanie świadomości na temat pozostawania w temacie, w trakcie rozmowy.

Wytnij pojedyncze elementy.

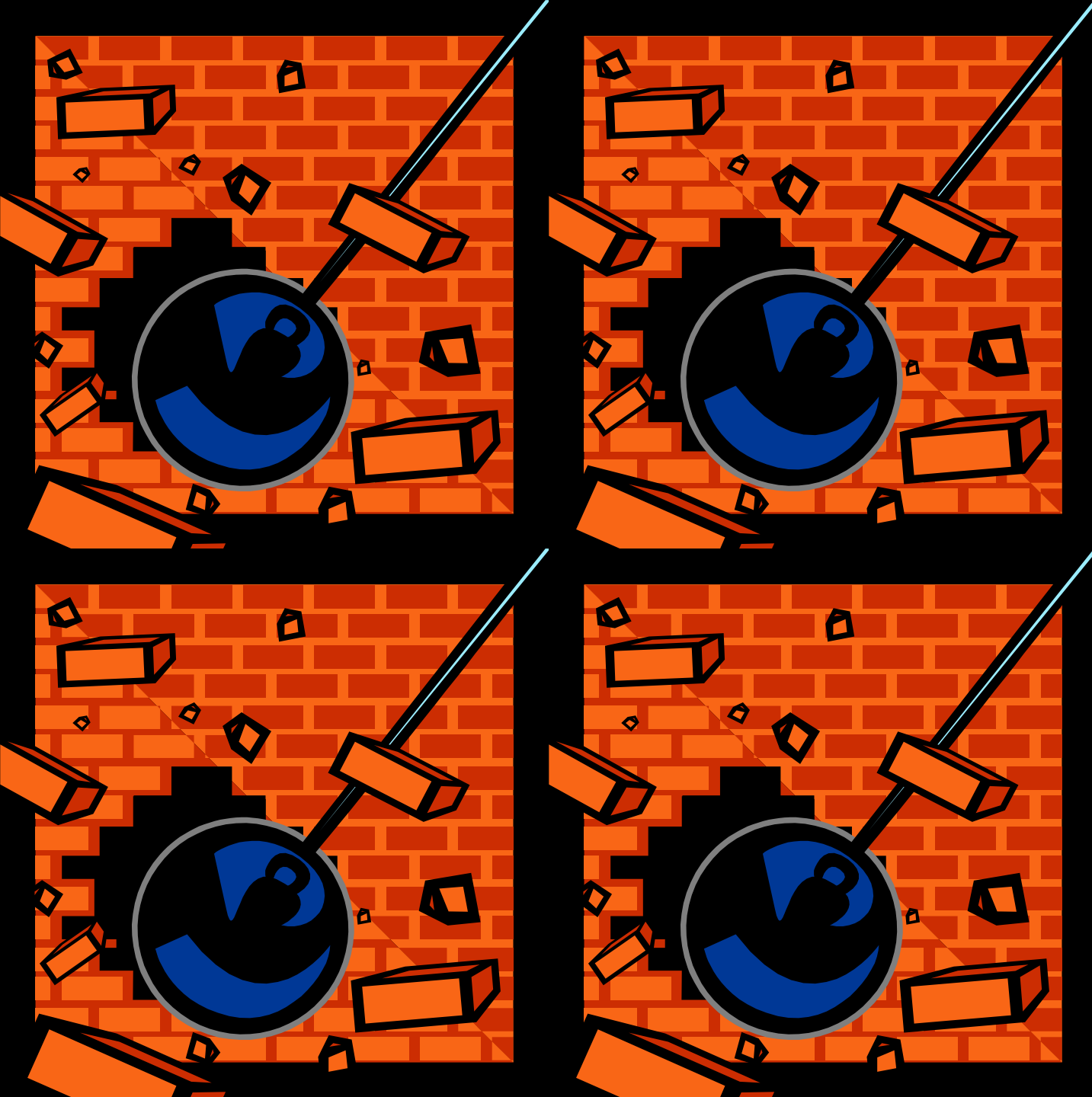
Gdy dwóch uczestników rozmawia ze sobą umieszczaj dźwigary w sekwencji tak długo jak współdzielą oni temat.

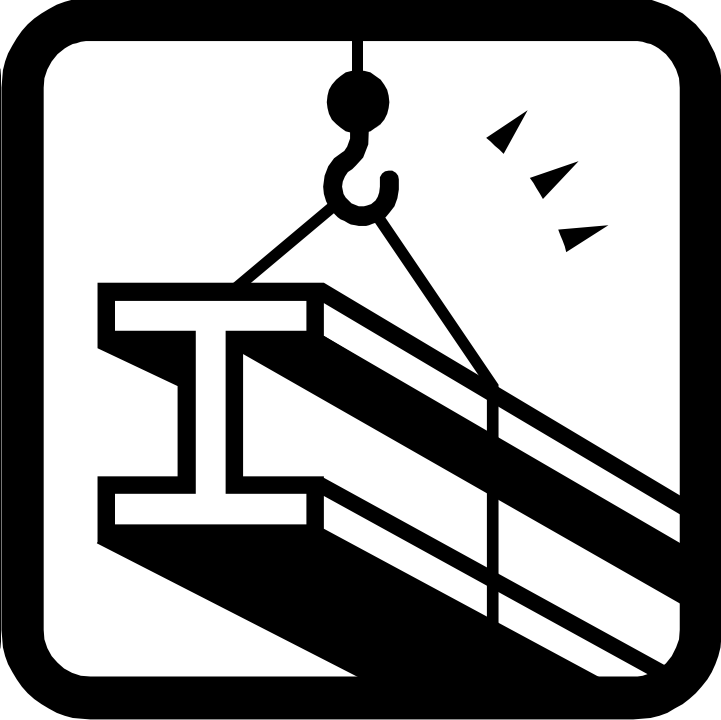
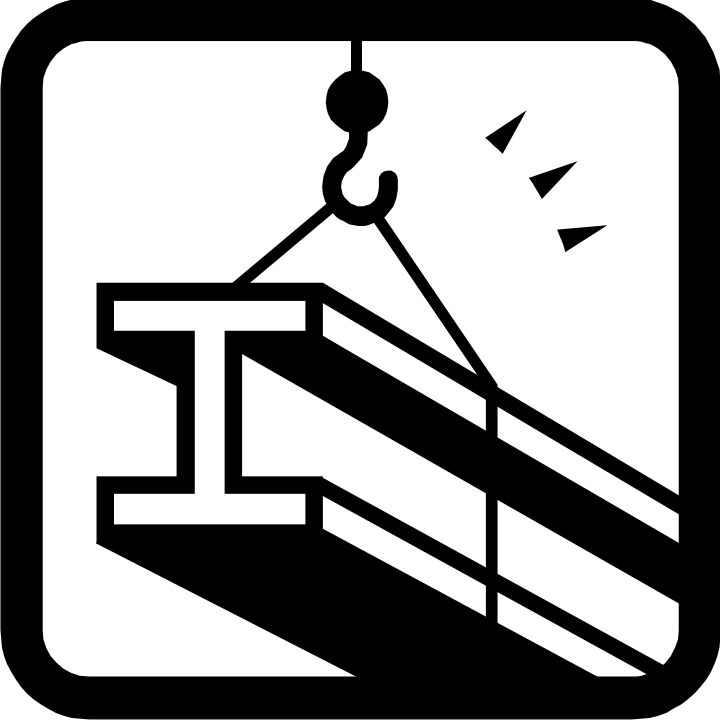
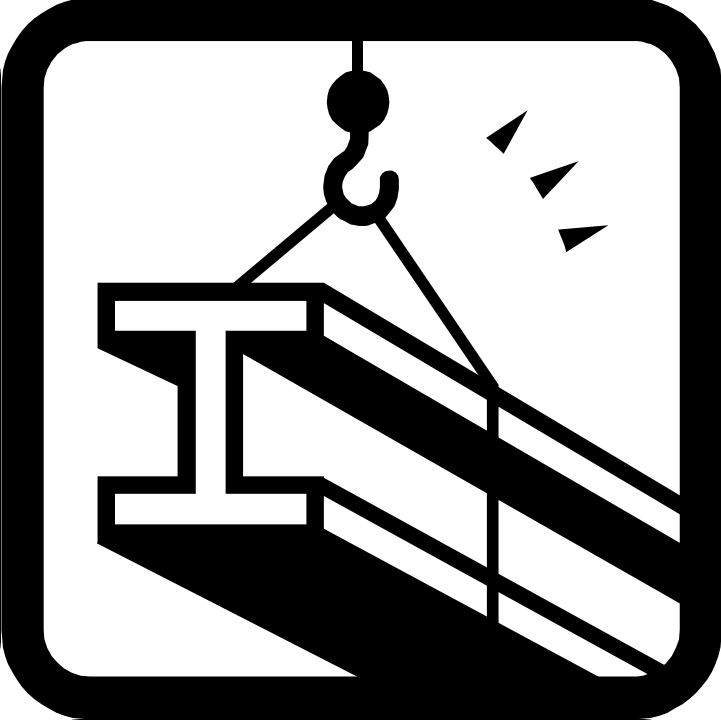
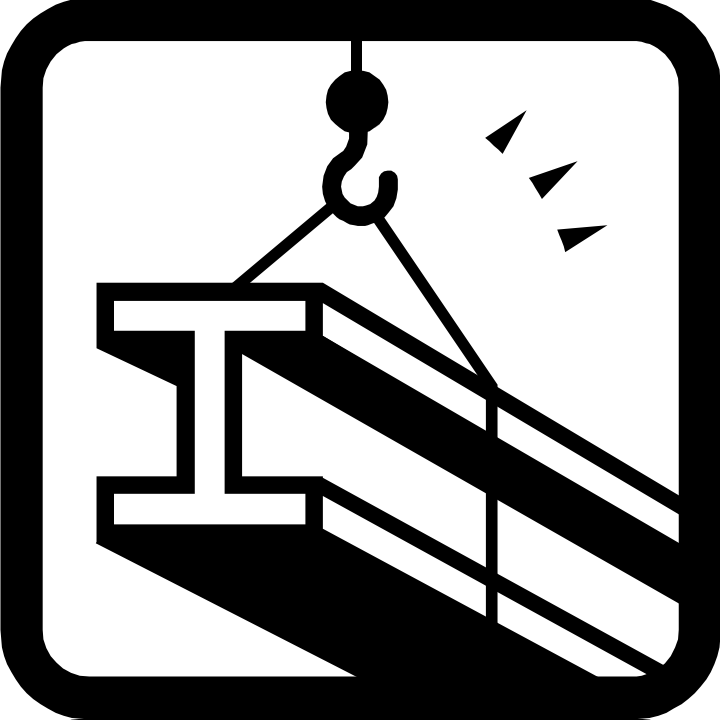
Umieść kulę burzącą w sekwencji, gdy ktoś wprowadzi do rozmowy nowy temat zbyt nagle.

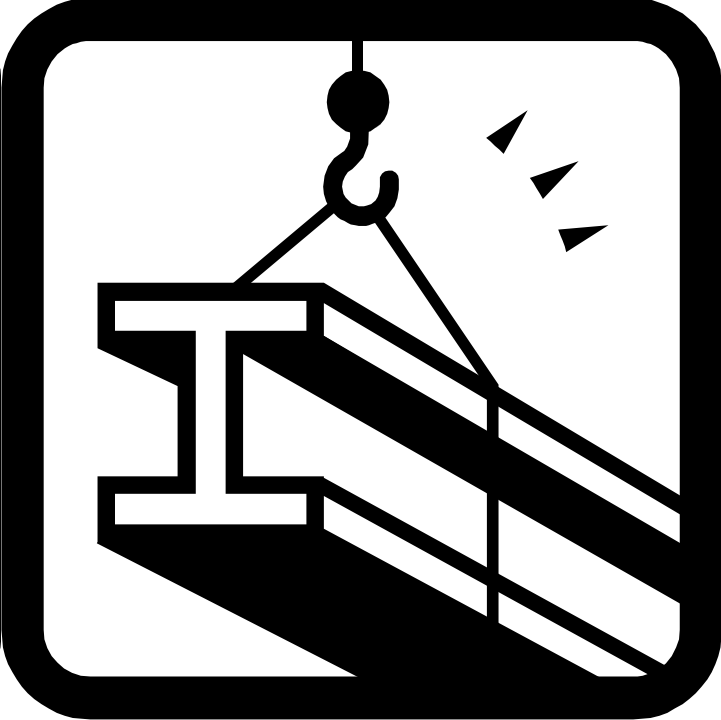
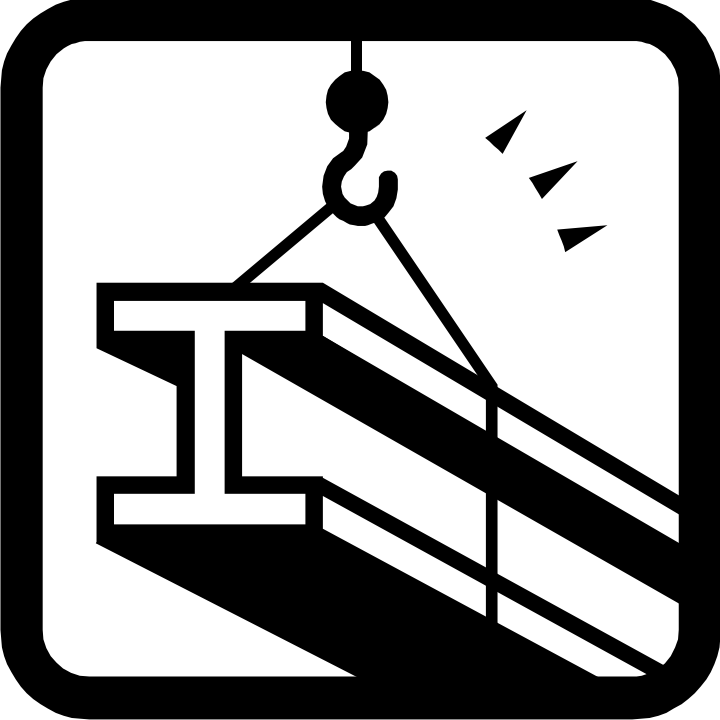
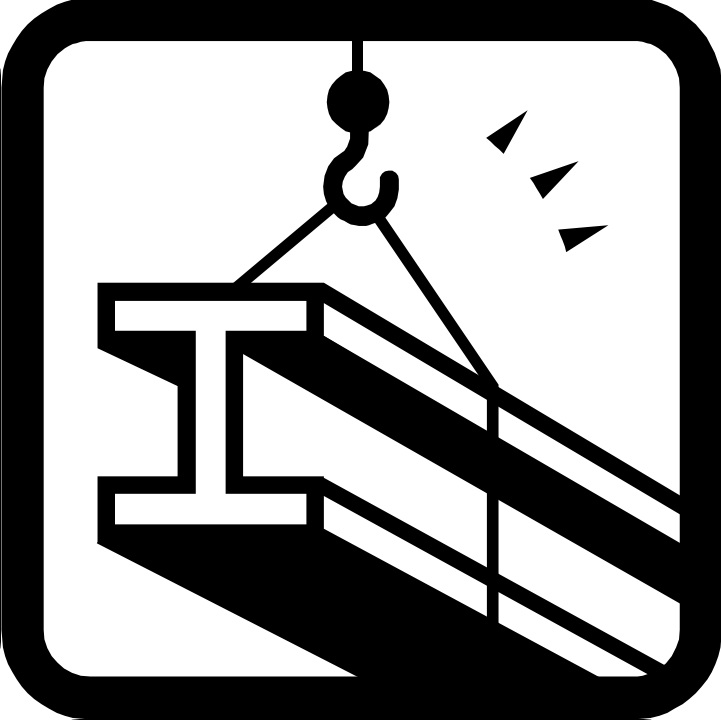
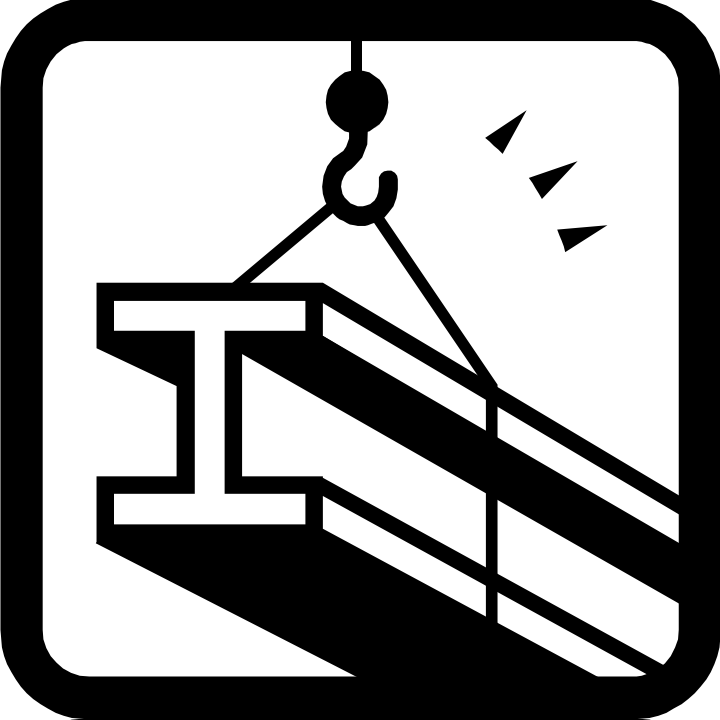
Żeby zobaczyć demonstrację tego ćwiczenia na youtube- kliknij w poniższy link. <http://bit.ly/1VWVDBD>

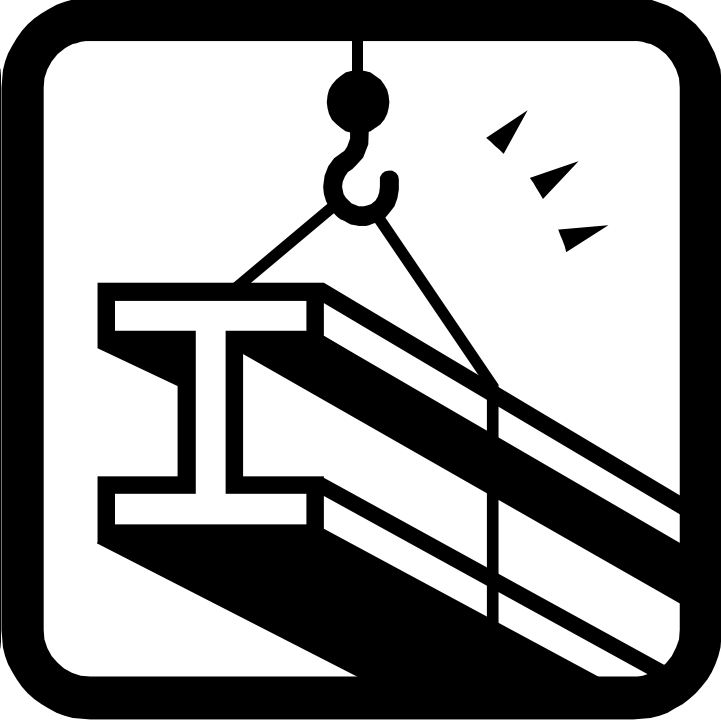
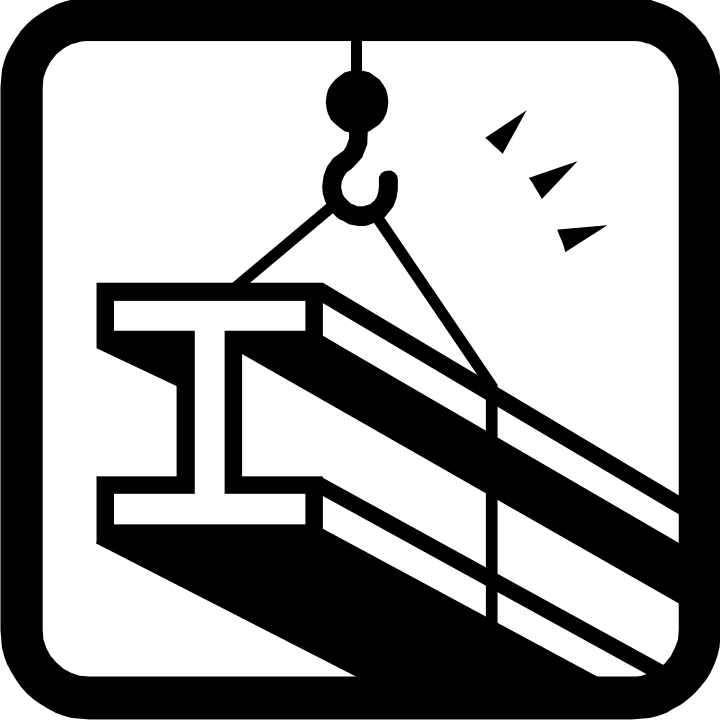
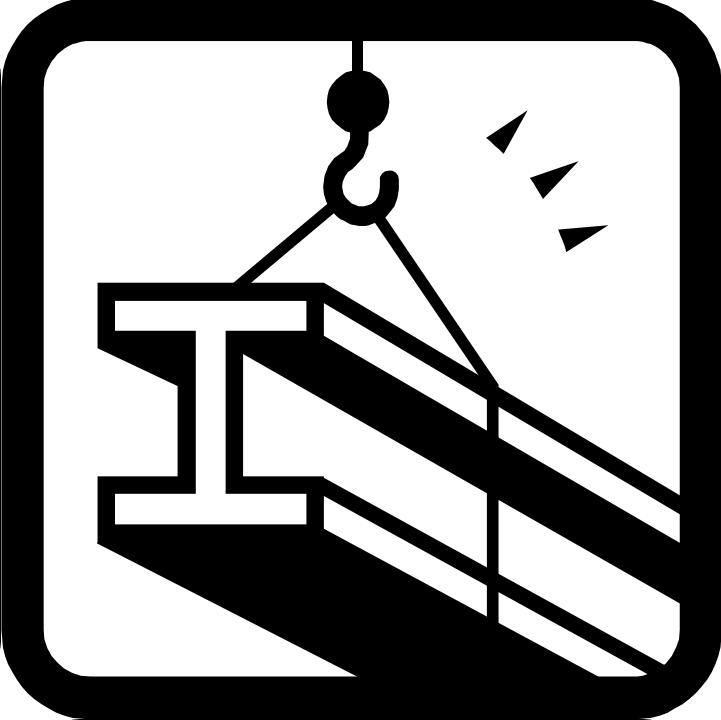
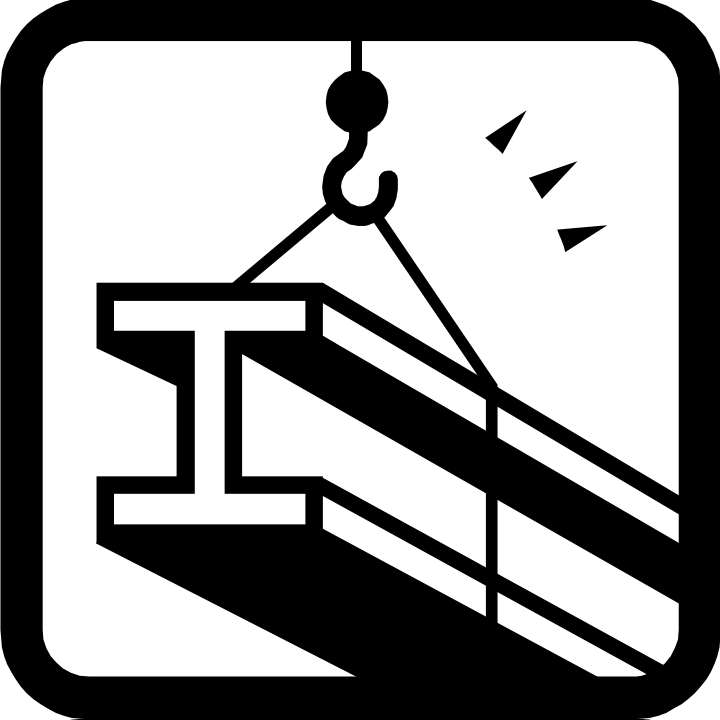


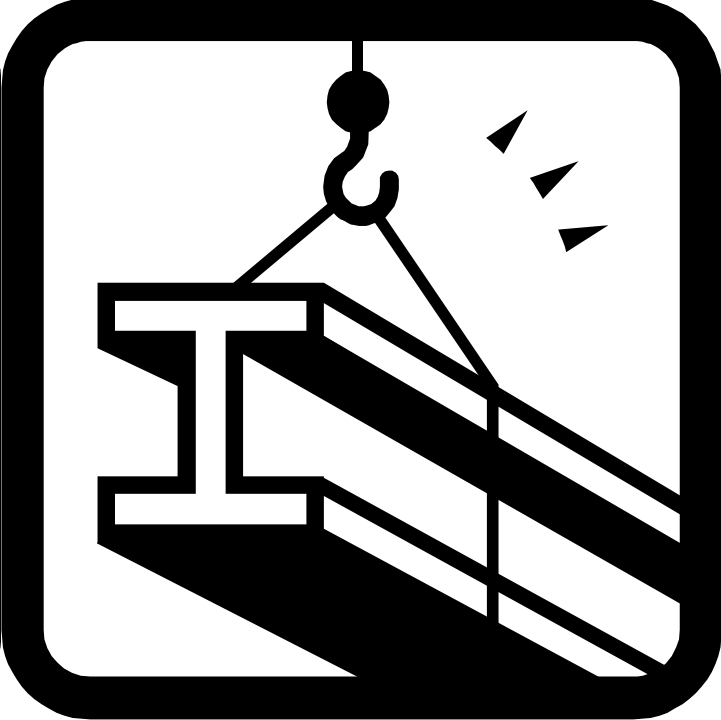
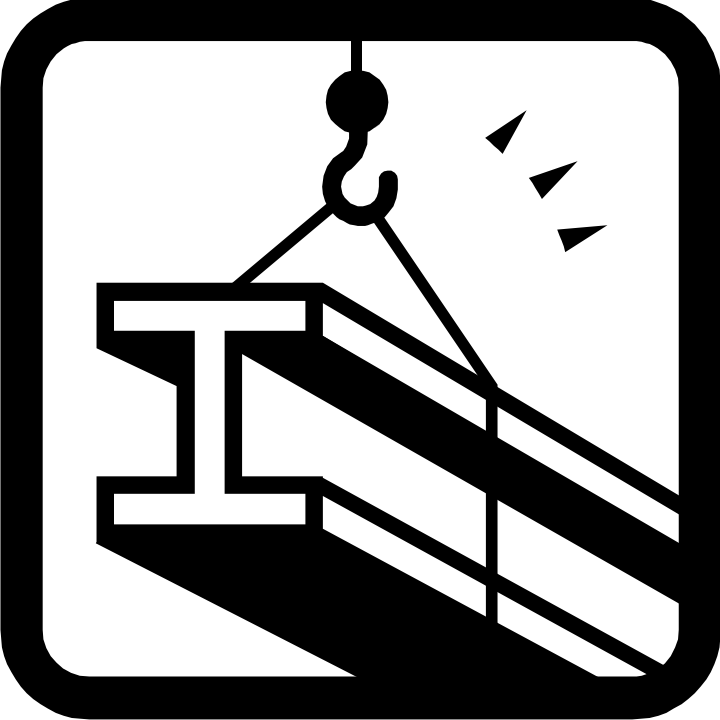
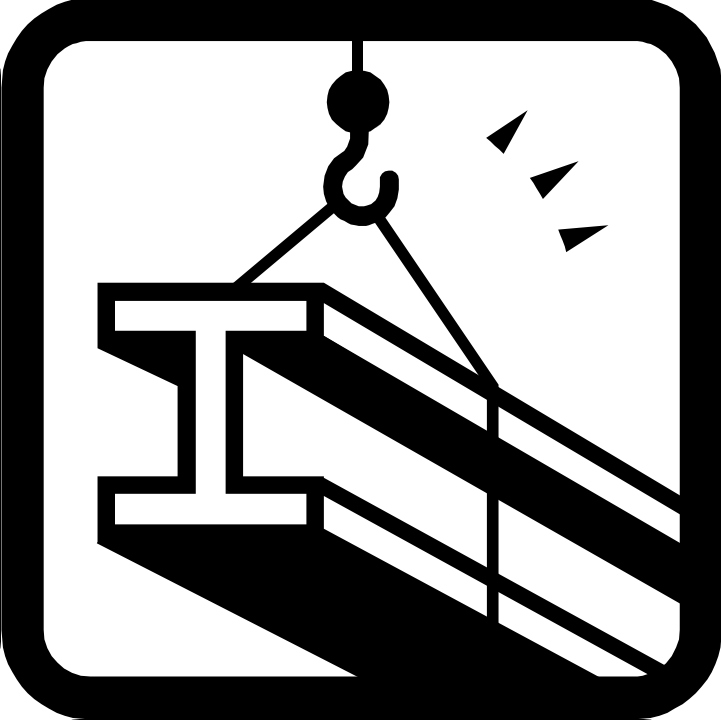
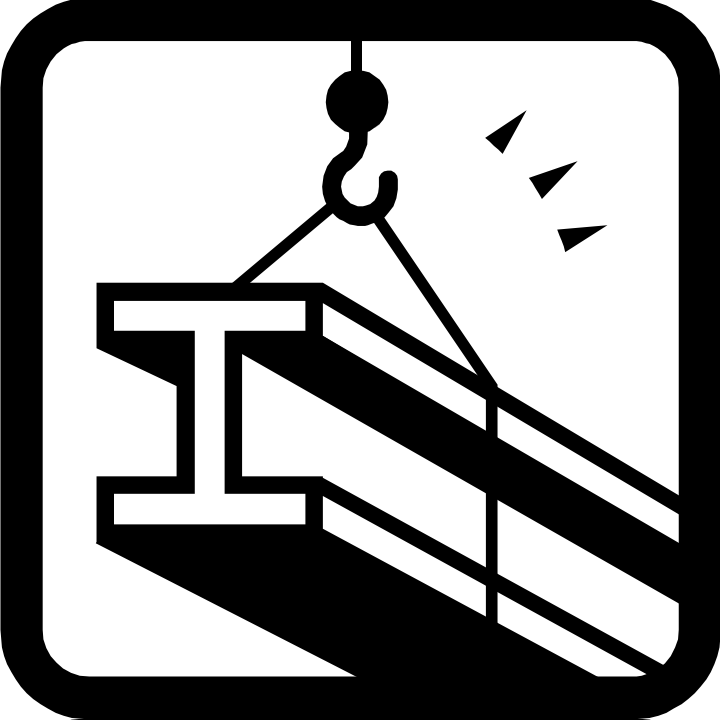
Pochodzi z metody opisanej w Interwencji rozwoju relacji z dziećmi, młodzieżą i dorosłymi, Steven Gutstein i Rachele Sheely, 2006, Antheneum Press.

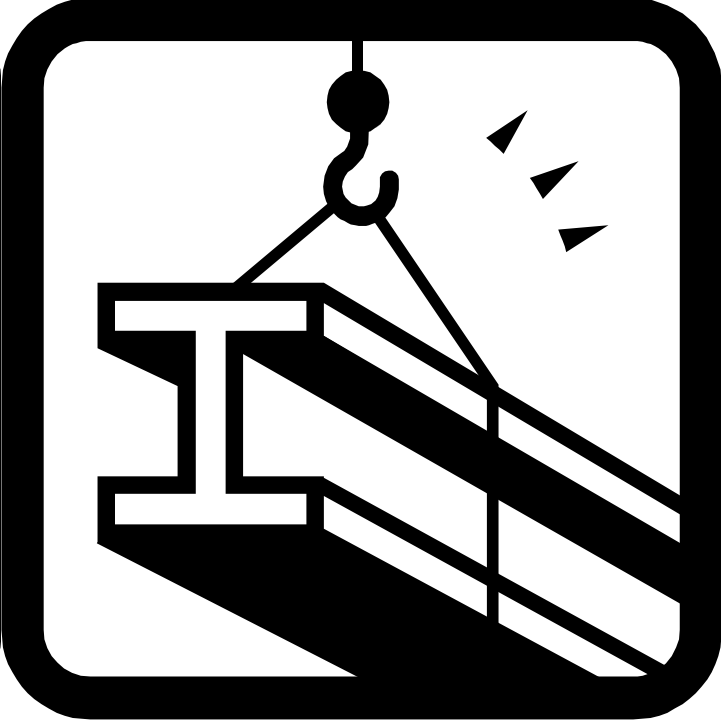
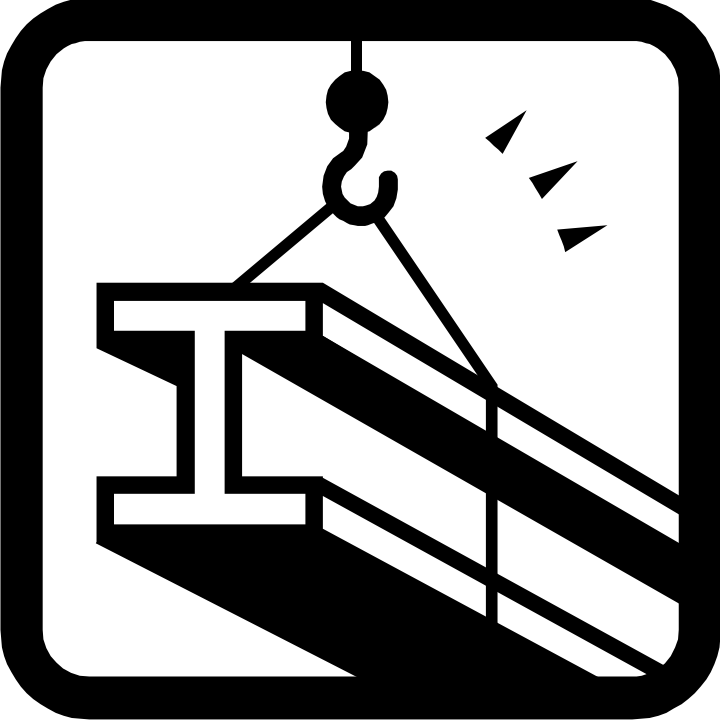
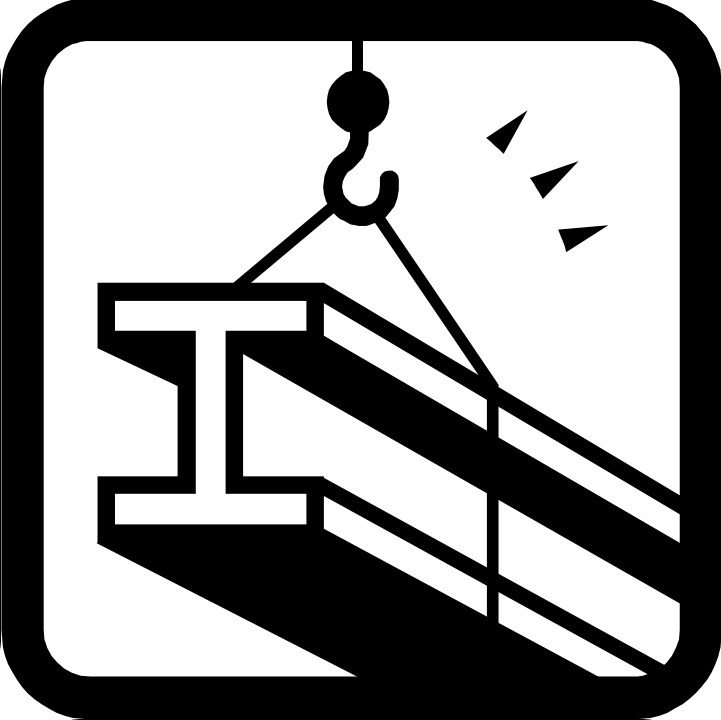
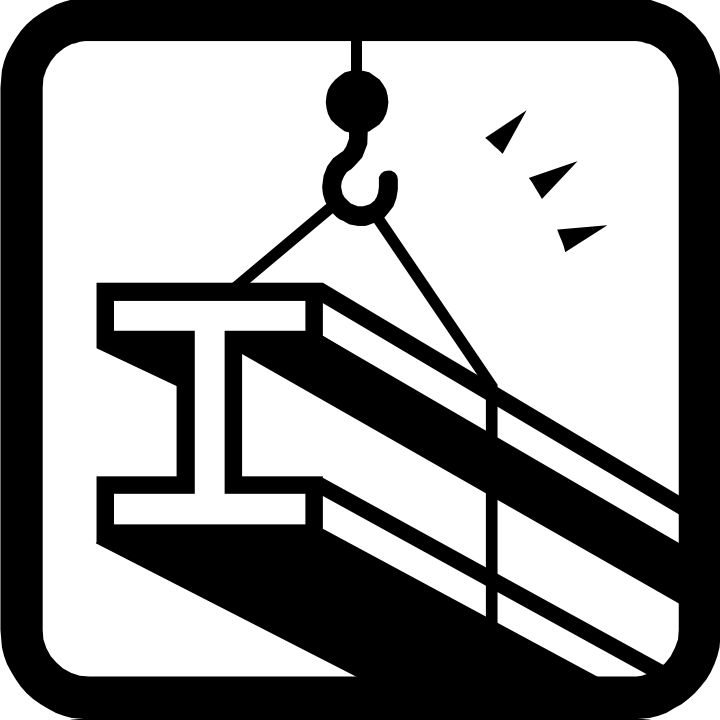


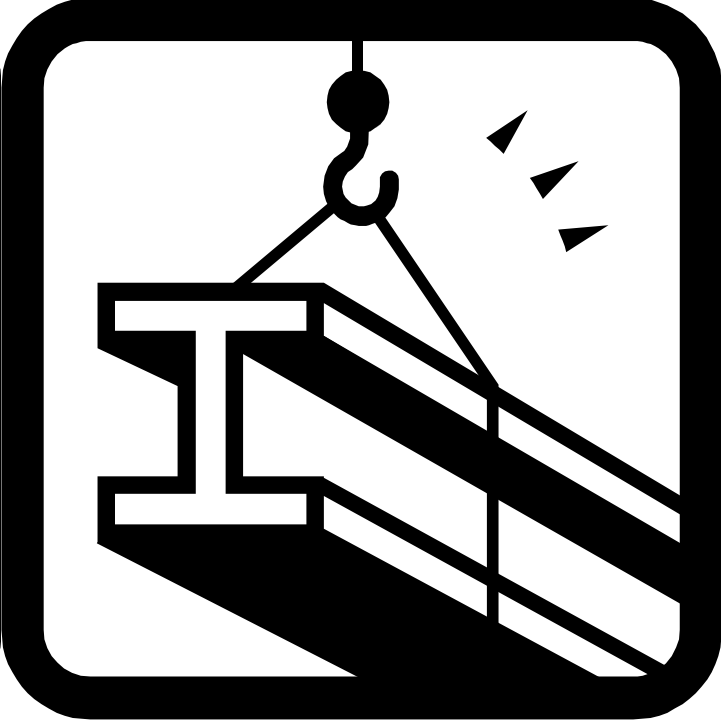
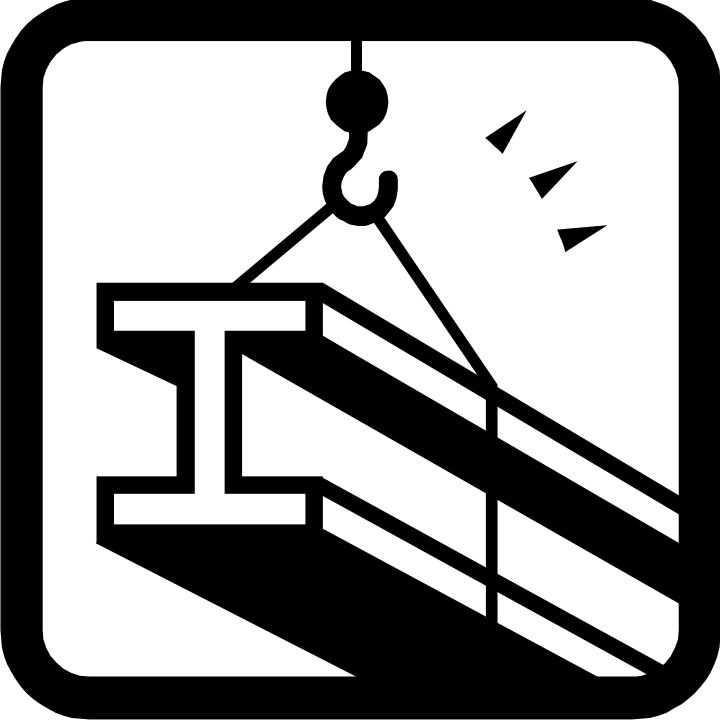
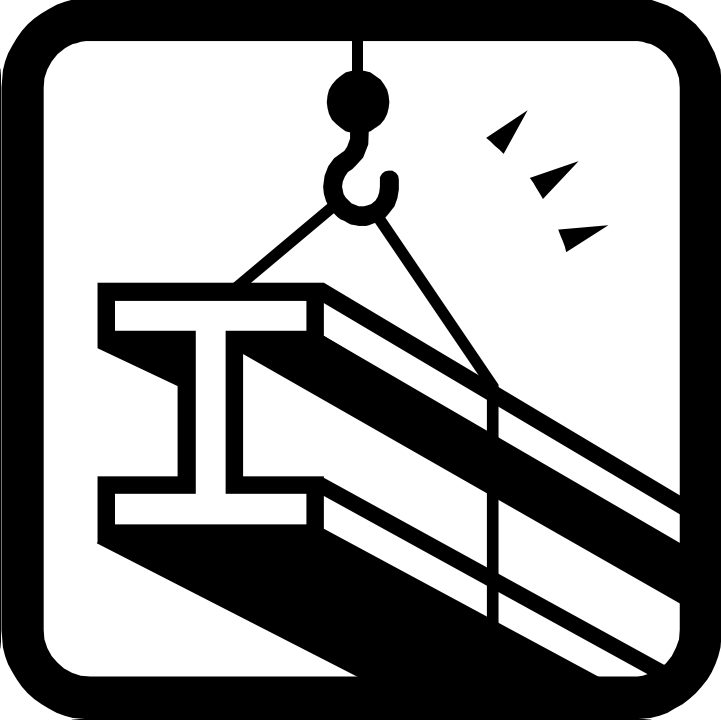
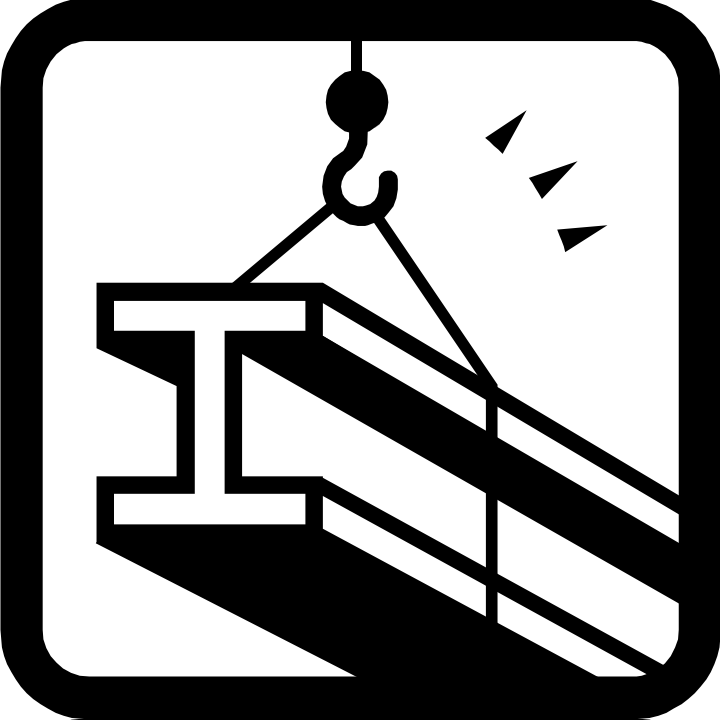


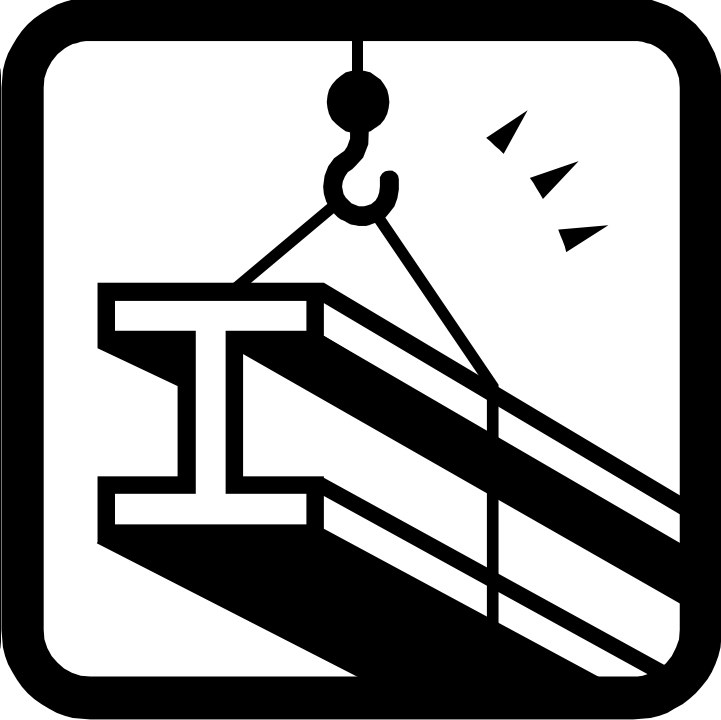
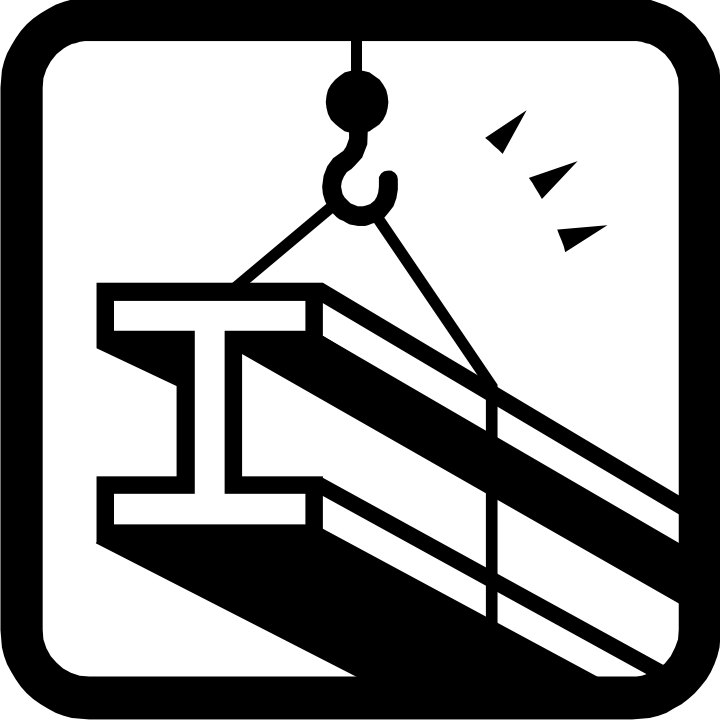
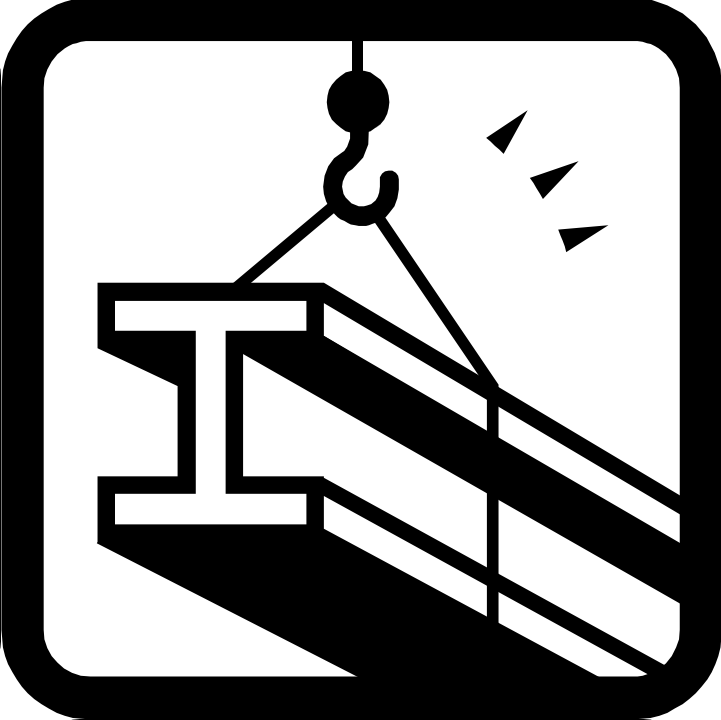
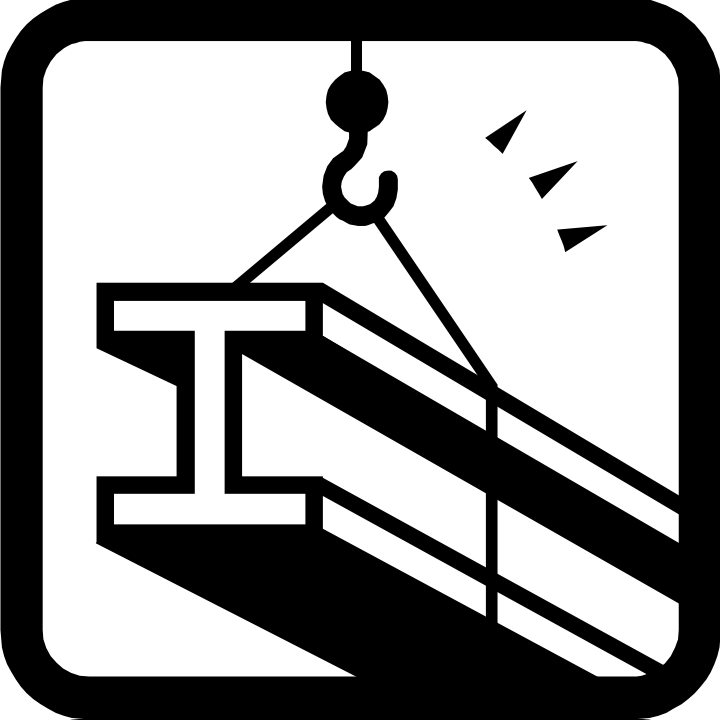


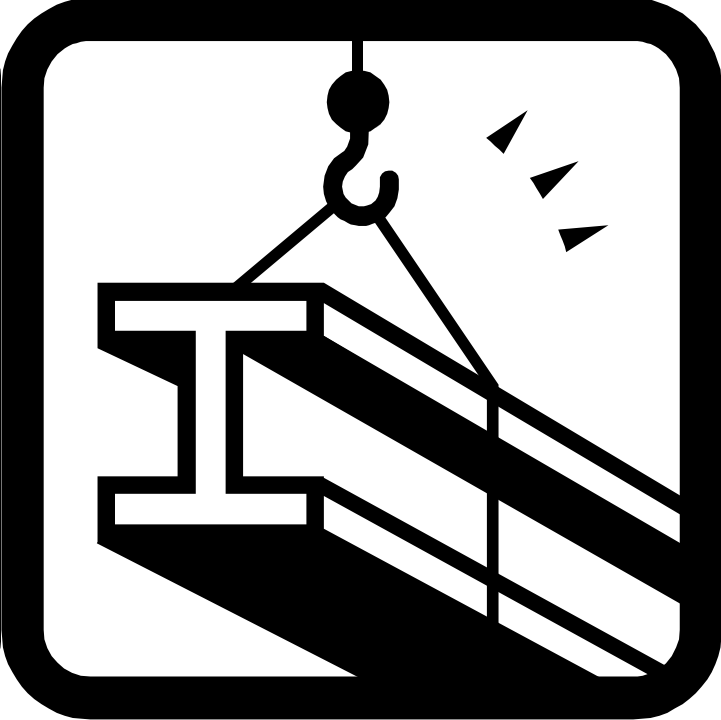
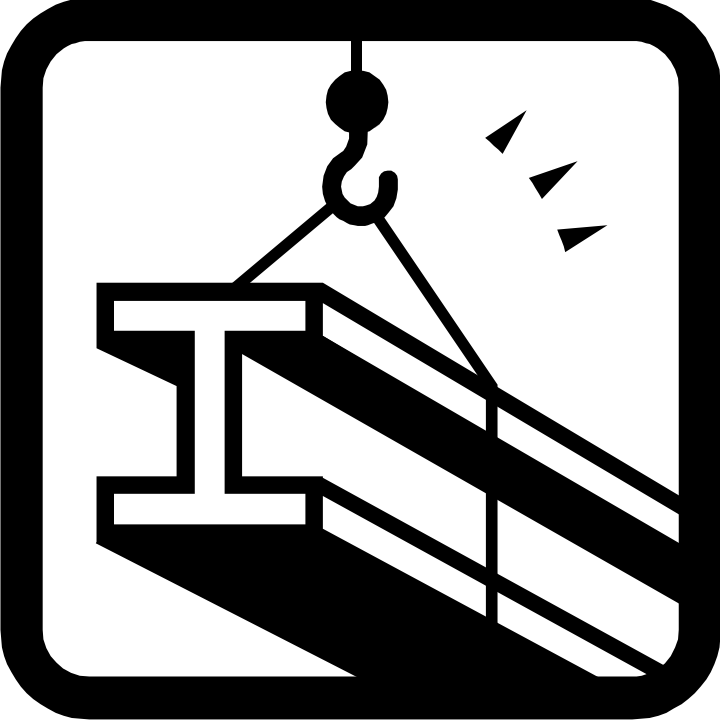
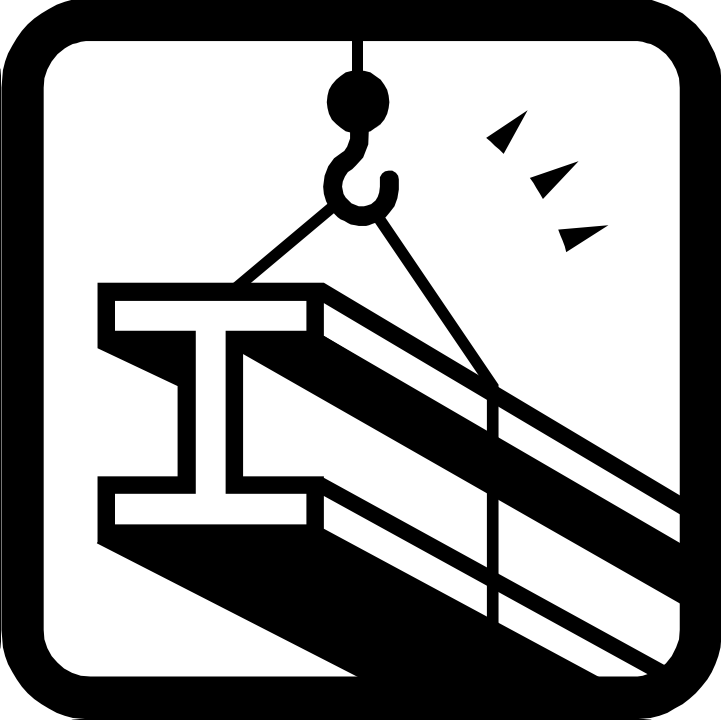
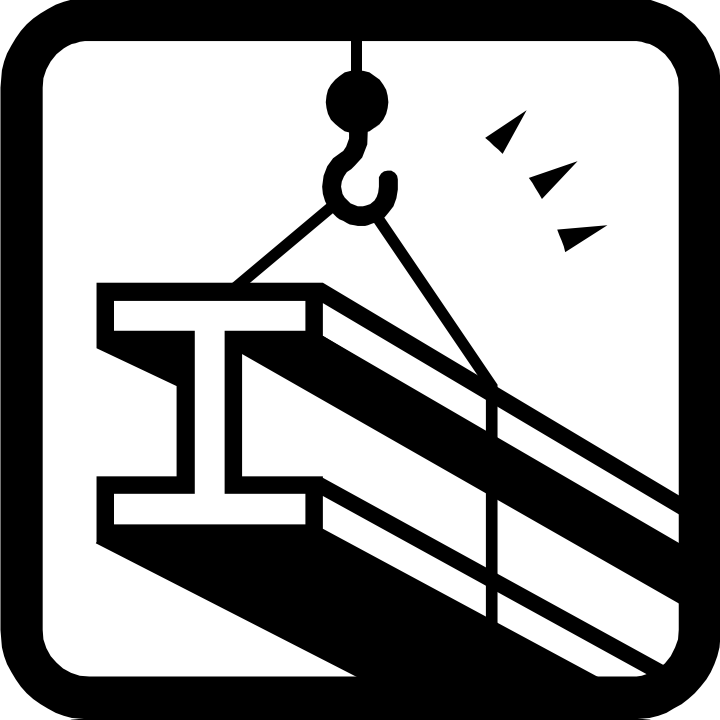












Girders and wrecking ball activity

To increase awareness of remaining on-topic in conversation

Cut out the individual pieces.

While two participants are speaking together, place the girders in sequence as long as they stay on a shared topic.

Place a wrecking ball when someone introduces a new topic too abruptly.

For a demonstration of this activity on YouTube, follow this link:



Derived from a method described in Relationship Development Intervention with Children, Adolescents and Adults, Steven Gutstein and Rachelle Sheely, 2006, Athenaeum Press.