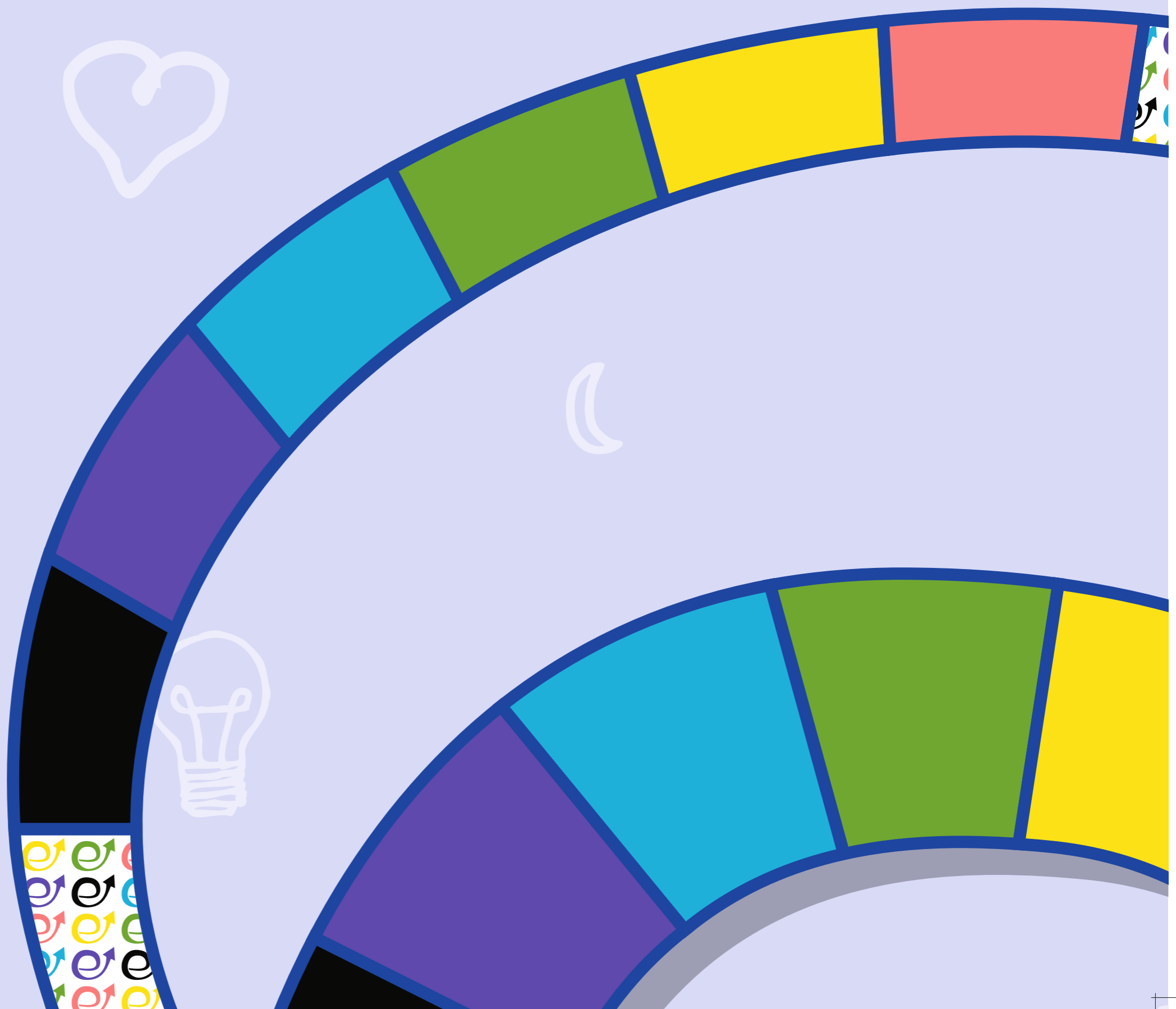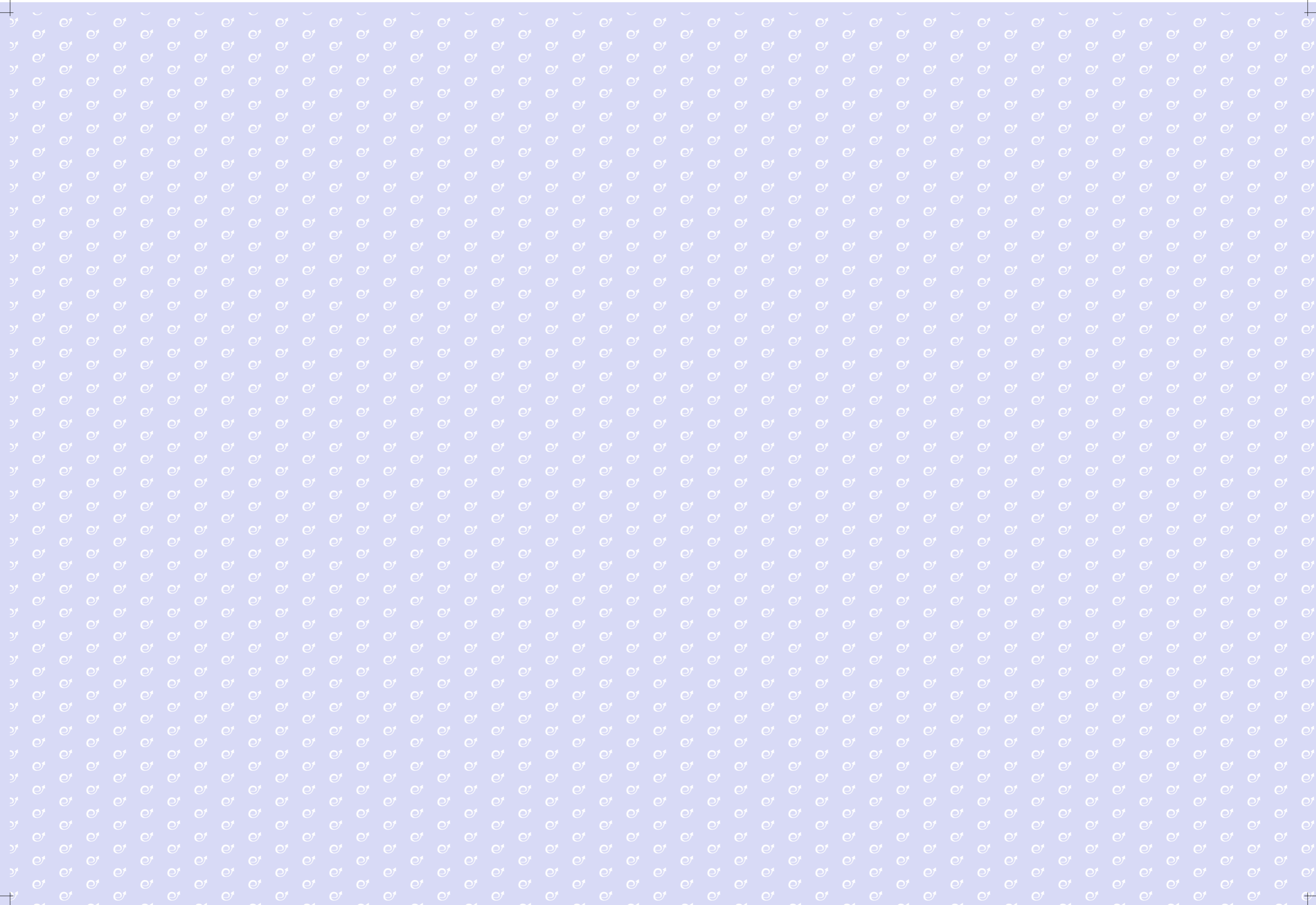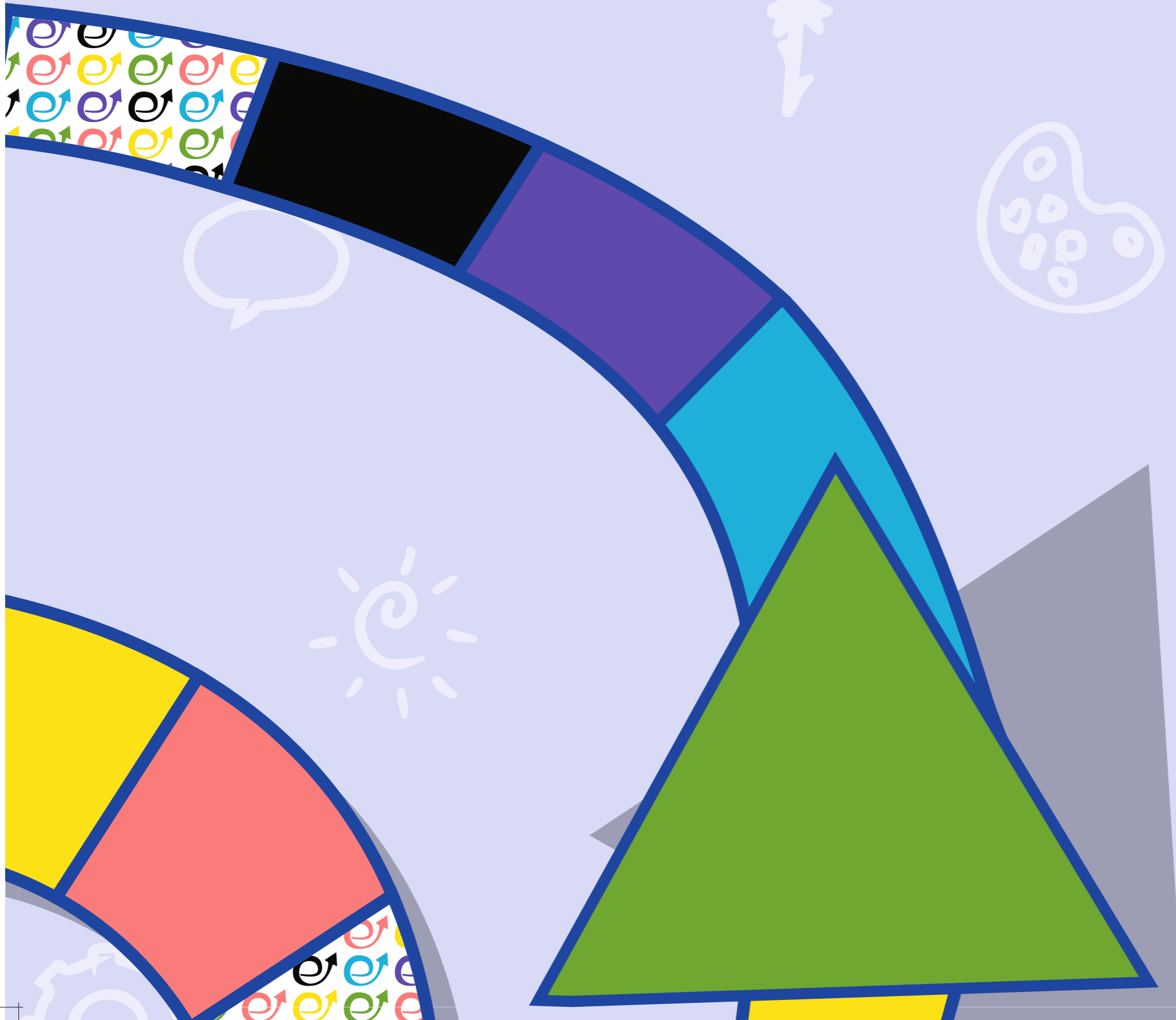COMMUNI-
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PROBLEM-
SOLVING

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THINKING

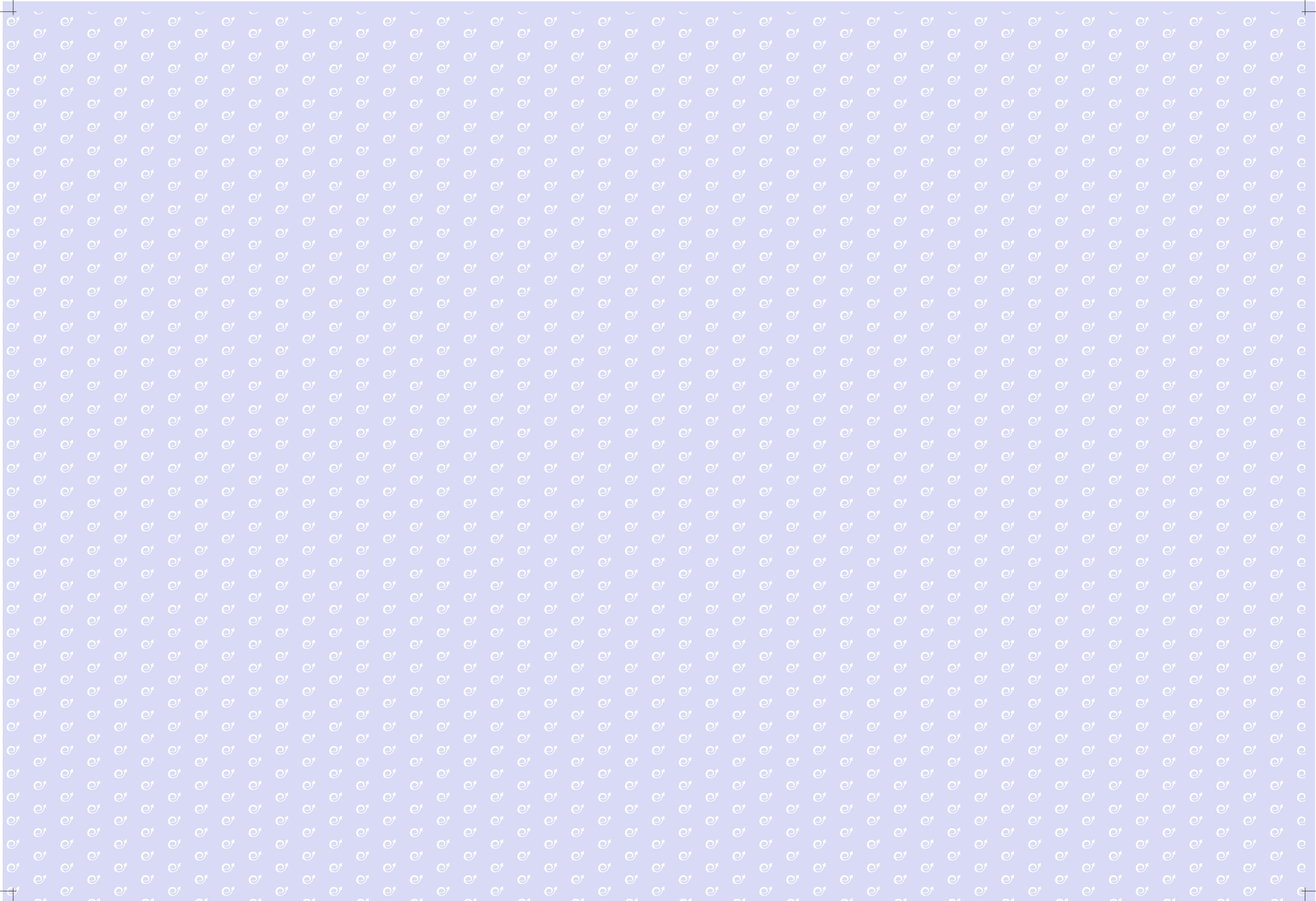**COMMUNI-CATION**

PROBLEM-SOLVING

CREATIVE THINKING

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COMPASSION

OPEN
MINDED

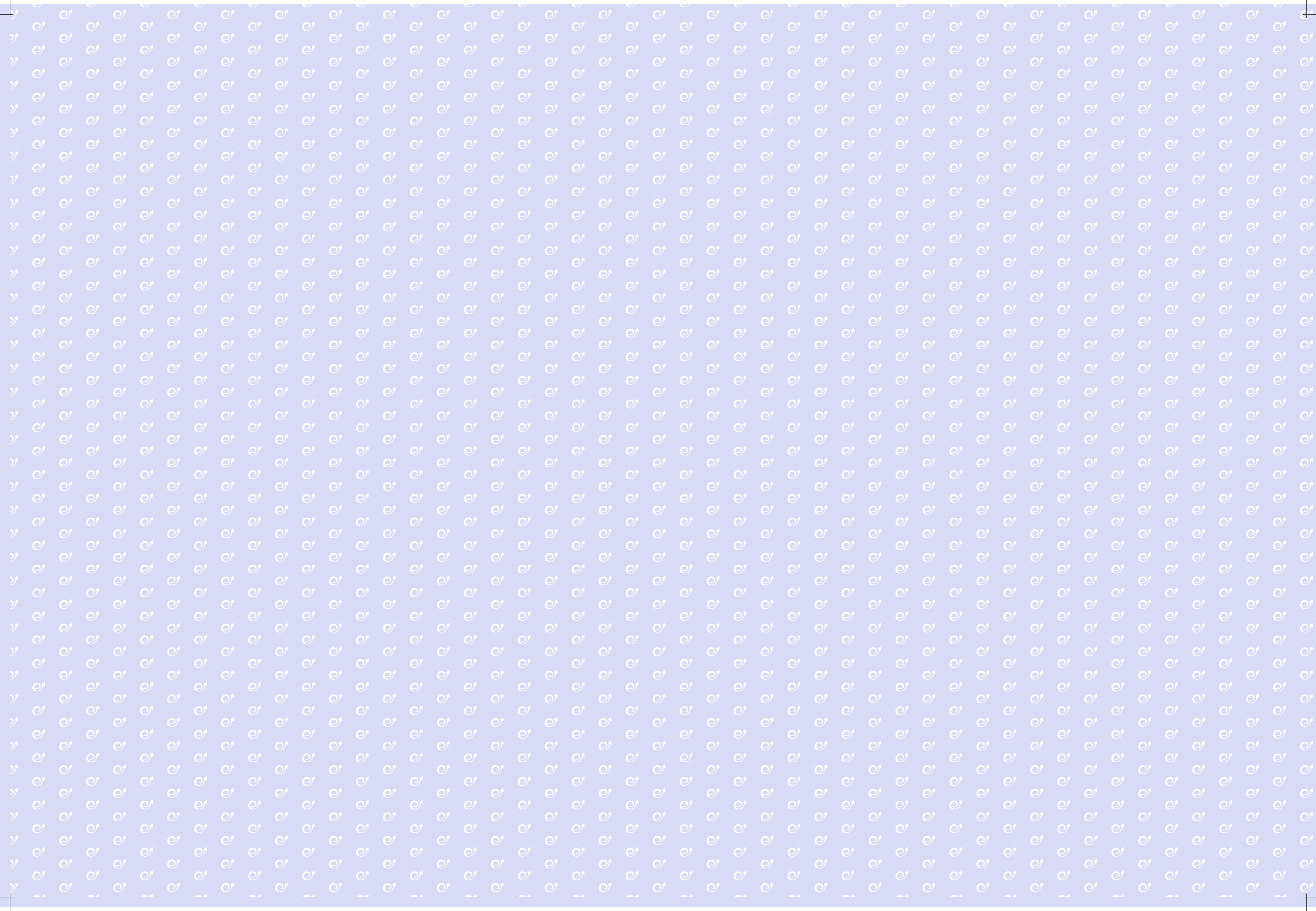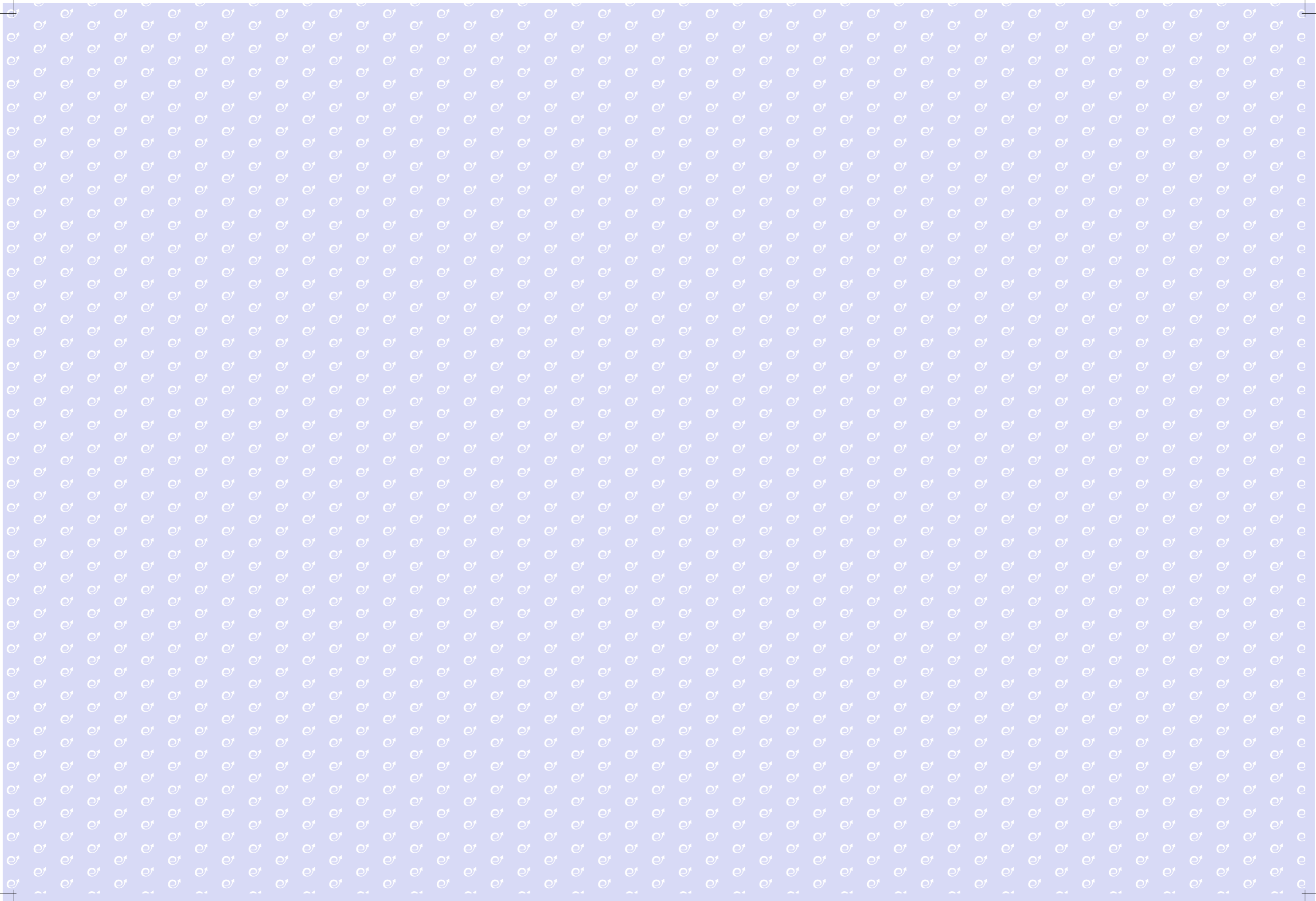FOCUS
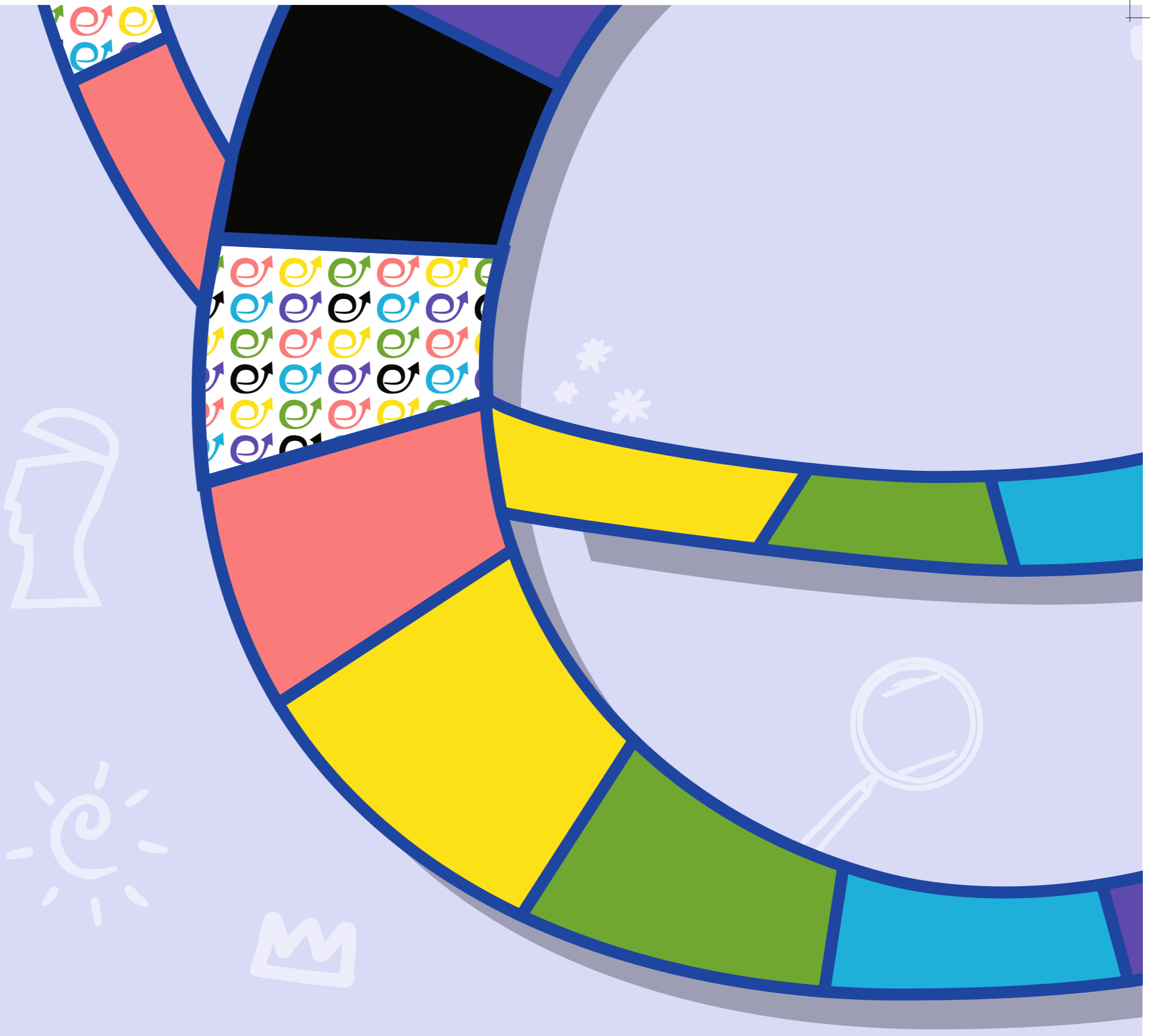
SELF-
COMPASSION

OPEN
MINDED

+EMPLOYABILITY

FOCUS

DISCUSSION

A strong, strict leader is necessary for good results at work.

A warm, including work-environment is necessary to get good results.

Put a pen across in your mouth, from one corner to the other, and say: "hello, my name is …"

Read this sentence out loud with its different emphasizes. Do you hear different messages?

THE CAT is on the table.
The cat IS on the table.
The cat is ON the table.
The cat IS on THE TABLE.

Which emoji shows your mood right now?

🙂 😑 ☹️

Pantomime this feeling without speaking:

HAPPY

Pantomime this feeling without speaking:

IN LOVE

Pantomime this feeling without speaking:

SAD

Pantomime this feeling without speaking:

HATE

Draw this feeling:

HUNGRY

Draw this feeling:

SLEEPY

Describe to the others the word

BUS

without using the words car, street, school, driving.

Make a compliment to the player on your right.

Get a compliment back.

Who is happy, who is sad?

How can you see the difference?

Why do you need a CV?

You are an employer.

Tell the player to your left that he / she didn't get their dream job.

Your colleague did not do his/her work. How do you address your colleague without an accusation?

Try to avoid words like "always" or "never".

Start a story with one sentence.
The player next to the left continues with one sentence, …
The last player finishes the story.

Say out loud that you are happy, while your body shows that you are sad.

A colleague is being bullied by your boss.

What is your reaction?

Every action has a reaction.

NEWTON'S THIRD LAW

If there is disagreement and respect, change will happen.

What is your favorit colour?

FUN FACT
For centuries, pink was a typical colour for boys.

In which environment do you prefer to hang out in?

COMMUNI-
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A tube, 60 cm long, is buried in the ground, with one end pointing upwards. There is a ping-pong-ball in the tube.

How do you get it out?

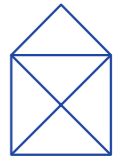---

What do you wear at a job interview?

Name three websites for job searching.

You have applied for a job, and someone else got it.

How do you handle it?

What do you say to yourself?

What would you choose?

a) A job you don't like, but with high earnings.

b) A jobb you love, but with low earnings.

Explain why.

Draw this house in one continuous line without crossing over a line twice.

You have a spoon, a cup and a bucket.

How do you empty a bathtub full of water?

Associate the following tools with the professions:

hammer	doctor
stethoscope	teacher
telescope	astronomer
mox key	plumber
chalk	constructor

What do you do after you are not accepted in a job interview?

a) You don't look for jobs for the next 30 days.

b) You apply immediately for another job.

You are hired by a company abroad.

What are three challenges you may face, and how do you overcome them?

How do you recognize fake / dubious job ads?

How many Euros for 10 Swedish kronor?

Your best friend is afraid to go to a job interview.

What do you advise him/her to do?

You always think it's too cold at work.

What do you do?

FUN FACT
Your fingernails grow faster when you are cold.

Identify 1-3 websites to guide you towards higher education or work.

Your parents rearranged your room without your knowing.

What is your reaction?

Your colleague is sad, and you want to give consolation.

How do you do this, without making the person uncomfortable?

What do you do if your colleague is sad?

Choose another player and talk to him/here like he/she was the one.

The interviewer just told you that you did not get your dream job.

What do you say?

Do you need a profile picture on your CV?

You have your own company, and your best employee wants to quit.

What are you doing?

Do you think this claim is true?

«What doesn't kill you makes you stronger.»

FRIEDRICH NIETZSCHE

If you tell the truth, you don`t have to remember anything.

MARK TWAIN

When life gives you lemons- make lemonade.

ELBERT HUBBARD

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Listen to Ciprian's dog imagination.

FUN FACT
If you walked for 12 h a day, it would take the average person 690 days to walk around the world.

A man is lying face down, dead, in the desert. He has a backpack.

What happened?

Harald's game.

• • •
• • •
• • •

---

1 reporter, 1 subject-genius, 2 wordfinders.

The wordfinders say one word each at the same time.

Combine the words to a new subject, which the reporter interviews the genius about.

The mouse is for the cat, as the … is for the alien.

Explain why.

Moving just one line, get the right result:

4−8=10

If you were the president of your country, what would be the first thing you'd do?

You win the jackpot in the lotteries.

What is the first thing you do?

What color should a band-aid have?

You invented a machine.

What would that be?

Someone is giving you 5.000 Euros. You have to give them back after one year.

What do you do with the money?

How could you sell sand in the Sahara?

FUN FACT
Glass is made out of sand.

You are picked out to add a new school subject.

What do you add?

FUN FACT
Your brain does not feel physical pain and uses 10 watts of energy to think.

What is it?

What is it?

What is it?

What do you think when your alarm rings before eight o'clock?

Which hobby suits you best?

What is your favorit food?

FUN FACT
Britain's Secret Intelligence Service once hacked an Al-Qaeda website and replaced the bomb instructions with a cupcake recipe.

You have a 3 liter and a 5 liter container. How do you measure 4 liter of water?

What are the pros and cons of daydreaming?

FUN FACT
Most people dream in colour, but some dream in black-and-white.

You have to get to a solution, but you are stuck.

How can you gain a new perspective?

Which of your senses do you use when you are eating?

FUN FACT
Butterflies taste with their feet.

Every participant writes down 2 words.

Together: use all the words to make a poem.

CREATIVE THINKING
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CREATIVE THINKING

Think about a person you admire a lot. Which personality trait of this person do you admire?

Where do you see yourself in three years?

How can you learn from others?

Name four things people from the whole world have in common.

Your (imaginary) friend wants you to trade him/her a skill.

Which skill do you trade him/her?

You are alone and you must yawn.

Do you put your hand in front of your mouth?

What do you prefer:

A good salary, or a good working environment?

Share one strong side you have

What can you do today to make the world a little better?

What are you thankful for today?

Which sock was the first one you did put on today?

Describe a day in your life after you have gained a job.

You are going for a walk in the woods. You can bring one person.

Who do you bring?

Associate these feelings with one colour and explain why.

happiness

sadness

green
yellow
black
white
red

Associate these feelings with one colour and explain why.

freedom

boredom

green
yellow
black
white
red

Associate these feelings with one colour and explain why.

joy

jealousy

green
yellow
black
white
red

How is gaming useful to you?

Why is it important to shower frequently?

FUN FACT
Your feet typically produce 200 ml of sweat every single day.

Take two deep breaths into your stomach.

How does that make you feel?

FUN FACT
20% of all the oxygen you breathe is used by your brain.

Can you lift one eyebrow?

FUN FACT
Almost nobody can do this, but you can train yourself to do this.

Why would you employ yourself?

Why is it important to show empathy / compassion / understanding?

What was the nicest thing a stranger did do to you?

What is the easiest job you can think of?

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Associate these jobs with one positive and one negative feeling: Policeman / Gravedigger.

Empathy, pride, duty, leadership, passion

Boredom, sadness, shame, uncertainty, stress.

Associate these jobs with one positive and one negative feeling: Actor / Doctor.

Empathy, pride, duty, leadership, passion

Boredom, sadness, shame, uncertainty, stress.

Associate these jobs with one positive and one negative feeling: Journalist / Carpenter.

Empathy, pride, duty, leadership, passion

Boredom, sadness, shame, uncertainty, stress.

You invented a machine.

What would that be?

You are in public and have to fart.

What do you do?

FUN FACT
You fart on average 14 times a day, and each fart travels from your body at 11,3 kph.

In what situations could fingerprints be useful?

FUN FACT
No zebra has the same stripes.

How high can you jump?

FUN FACT
Elephants can't jump. So, you jump higher than an elephant.

ALL PLAYERS

Touch your nose with your tongue. :-p

FUN FACT
Did you know that no human can lick their elbow?

DISCUSSION

At work everyone should have the opportunity to express themselves.

DISCUSSION

Cake every Friday makes a good working-environment.

Except salary, what are the benefits of having a job?

GAME

Arrange the following animals by their importance for you;

Cat, Dog, Mouse, Pig, Duck

You win the jackpot in the lotteries.

What is the first thing you do?

GAME

Say 3 lines of a song.

The other players have to guess the song.

ROLEPLAY

How would a person totally different than you act during a work day?

QUOTES AND CLAIMS

«The freedom of one person ends where another's begins.»

FREE AFTER
IMMANUEL KANT

QUOTES AND CLAIMS

«I've seen so much worth living for – so little worth killing over.»

PET BENATAR

DISCUSSION

«Fake it until you make it.»

Do you think this claim i true?

QUOTES AND CLAIMS

Treat others the way you want to be treated.

THE GOLDEN RULE

QUOTES AND CLAIMS

«It is never too late to be what you might have been.»

GEORGE ELIOT

QUOTES AND CLAIMS

«Not in doing what you like, but in liking what you do is the secret of happiness.»

J. M. BARRIE

QUOTES AND CLAIMS

«Forget the mistake, remember the lesson.»

FUN FACT
In New Zealand erasers are banned from the pupil's pencil box to create a positive failure culture.

ALL PLAYERS

Walk backwards around the table.

FUN FACT
Turning a problem upside down can make it easier to see the solution.

DISCUSSION

What do you think about men i high-heels?

FUN FACT
When high-heel shoes first came into fashion, they were intended for men.

OPEN MINDED OPEN MINDED OPEN MINDED OPEN MINDED OPEN MINDED OPEN MINDED

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FACILITATOR

Lucia's game

or

the eye-contact game

FACILITATOR

Berit's game

or

the clapping game

GAME

Start a sentence with one word. The one to your left continues the sentence, and the person to your right ends it.

GAME

Repeat 8 words the player on your left is telling you.

FACILITATOR

Look for 15 sec. at the picture (manual). Name as many items as you remember.

FACILITATOR

Tell a short story to the person on your left and ask him/her to summarize it.

GAME

Name three capitals.

FUN FACT
There is more than 2700 different languages in the world.

GAME

Lucia's Do-Don'ts-game:

Name three do's and don'ts for a job interview-situation.

GAME

Tell something about your favorite animal for 15 seconds. First without eye-contact, and then with eye-contact.

DISCUSSION

Read this sentence first without, and then with the commas:

The teacher (,) said the janitor (,) is stupid.

WHEEL OF COLOURS
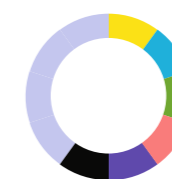
POINT OF VIEW
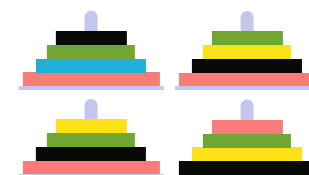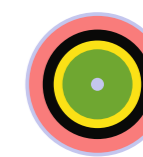
ODD ONE OUT

WHICH IS THE NEXT?

a   b   c   d   e

WHICH IS THE NEXT?

a   b   c   d   e
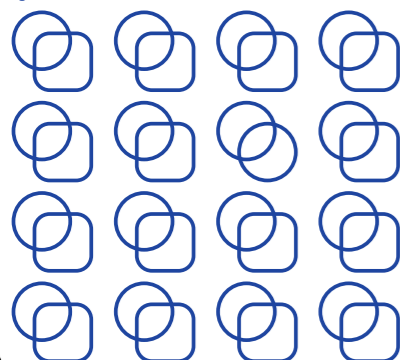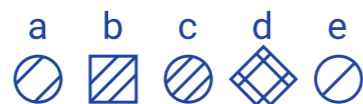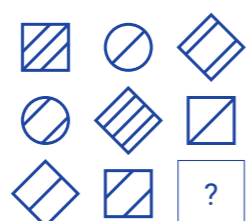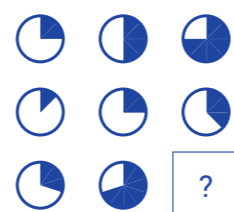
HOW MANY TRIANGLES?
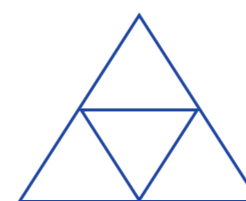
2   3   4   5   7   9

QUOTES AND CLAIMS

You can't hum if you're holding your nose.

QUOTES AND CLAIMS

Which words belong to each other?

fruit   calm
home   sour
ocean   rain
housing   noise
train   house
cloud   foam

ALL PLAYERS

What is your best memory?

ALL PLAYERS

Tell one fact and two fiction things about yourself.

All players guess which one is right.

ALL PLAYERS

What is your relationship to money?

FUN FACT
Believe it or not, money was actually printed on wood for a time in the US!

QUOTES AND CLAIMS

If there is disagreement and respect, change will happen.

QUOTES AND CLAIMS

To understand each other you don't have to be similar.

QUOTES AND CLAIMS

You can't go back and change the beginning, but you can start where you are, and change the ending.

COMMUNI-CATION	SELF-COMPASSION
PROBLEM-SOLVING	OPEN MINDED
CREATIVE THINKING	FOCUS

COMMUNI-CATION	SELF-COMPASSION
PROBLEM-SOLVING	OPEN MINDED
CREATIVE THINKING	FOCUS

COMMUNI-CATION	SELF-COMPASSION
PROBLEM-SOLVING	OPEN MINDED
CREATIVE THINKING	FOCUS

COMMUNI-CATION	SELF-COMPASSION
PROBLEM-SOLVING	OPEN MINDED
CREATIVE THINKING	FOCUS

COMMUNI-
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SELF-
COMPASSION

PROBLEM-
SOLVING

OPEN
MINDED

CREATIVE
THINKING

FOCUS

+EMPLOYABILITY

FACILITATORS MANUAL

DRAW THIS HOUSE IN ONE CONTINUOUS LINE WITHOUT CROSSING OVER A LINE TWICE.

ANSWER: Start at one corner at the buttom.

THINK ABOUT A PERSON YOU ADMIRE A LOT.
Which personality trait of this person do you admire?
FACILITATOR: Since you recognized this personality trait, you have it in yourself. Or else you would not have recognized it.

TELL A SHORT STORY TO THE PERSON ON YOUR LEFT AND ASK HIM/HER TO SUMMARIZE IT.
FACILITATOR: 30 sek. To make up a story.
After one minute the others can help.

POINT OF VIEW AND WHEEL OF COLOURS.
Which from the drawings beneath matches the one on top?

WHICH IS THE NEXT?
c and d

HOW MANY TRIANGLES?
5 (Don't forget the big one)

LOOK FOR 15 SECONDS AT THE PICTURE OF ITEMS (NEXT PAGE).
Name as many items as you remember.
FACILITATOR: Show the picture with the items for 15 seconds, and than count and check the items named.

RULES
- Each player get one palette and one game piece. The facilitator keeps the manual.
- The goal is to have at least one card on each colour on the palette.
- All players roll the dice once, to figure out who starts.
- The players roll the dice and move their game piece on the board. Pick the card in the colour you stand on, and read out loud. When the task is done, put the card on your palette.
- On the e-field you can choose freely a colour.
- When the first player has all cards on the palette, the game changes: Stop using the dice. The players now just pick the cards in the colour they need.
- The game is finished, when all players have all cards on their palettes.
- The players who have all cards are employable, and help the others as good collegues do.

FROM NEXT PAGE: ONLY FOR THE FACILITATOR'S EYES !

PURPOSE

This board game has no winner or loser. The purpose is to help the players to reflect on both themselves, their interaction with others, the context and the personal environment.

Hopefully this game can be used to strengthen the players employability.

CONTENTS
• 1 board
• 6 game pieces (or use buttons, coins, stones, ...)
• 6 palettes
• 144 cards with questions and tasks within 6 different topics:
  Communication, Open Minded, Problem Solving,
  Focus, Creative Thinking and Self Compassion

YOU NEED
• 3-5 players and one facilitator
• 1 dice
• A pen
• Some paper
• A mobile or hourglass for time management

TIPS FOR FACILITATOR

In order to conduct this game in a useful way, it is important to be on the alert and make sure that all players are all in.

Keep TIME-CONTROL on discussions and answers.
One minute or two are often enough.

FUN FACTS are in a smaller type. The player can choose to share it right away or after the discussion.

MINI ROLEPLAY: Talk about different roles. Remember to talk about bodylanguage. Time: maximum one minute.

PICTURE OF ITEMS

INFORMATION FOR FACILITATOR-CARDS

CIPRIAN'S DOG IMAGINATION.
FACILITATOR, READ OUT LOUD: «Use your Imagination: A dog is chasing you. Faster and faster the dog runs, and so do you. You jump over a fence, and the dog jumps over the fence. How do you escape the dog?»
BACKGROUND INFORMATION: There are no right or wrong answers. Use your imagination. One solution can be: stop imagining.

HARALD'S GAME.
Draw the points on a paper. Ask the player to draw four lines through all the dots without lifting the pencil.

SOLUTION: The arrangement of the dots let us think inside of the square. For the solution, you must think outside the box .

LUCIA'S GAME OR THE EYE CONTACT GAME.
FACILITATOR: Ask the players to close their eyes, turn the head to another player, and open the eyes when you tell them to. If two player's eyes meet, they are out of the game. Play until there is one winner.

BERIT'S GAME OR THE CLAPPING GAME.
FACILITATOR: All players are laying their hands on the table. Now they are crossing hands with their neighbours. Clap one hand after the other on the table, in clockwise direction. The player with the card starts. Wrong clapping hands, or almost clapping hands, are taking away from the table. Two claps for changing direction. Play until there is one winner.

PUT A PEN IN YOUR MOUTH AND SAY: "HELLO, MY NAME IS ...".
FACILITATORS FUN FACT: The pen in your mouth puts a fake smile in your face. A facial expression affects directly your emotional experience, and your body produces endorphins.

DISCUSS THIS: A STRONG, STRICT LEADER IS NECESSARY FOR GOOD RESULTS AT WORK.
FACILITATORS BACKGROUND INFORMATION: There are three types of leaders. 1. Laissez faire – let the stuff do as they want to. 2. Democratic – involving the staff. 3. Autocratic – making all decisions

YOUR COLLEAGUE DID NOT DO HIS/HER WORK. How do you address your colleague without an accusation? Try to avoid words like «always» or «never».
FACILITATOR: 1 min. thinking, 1 min. discussion.
BACKGROUND: A typical reaction to an accusation is a defense. It is easier to accept critics, when formulated from the others perspective.

A TUBE, 60 CM LONG, IS BURIED IN THE GROUND, WITH ONE END POINTING UPWARDS. There is a ping-pong-ball in the tube. How do you get it out?
FACILITATOR: After one minute the other players can help or come with suggestions. One answer which would be right is to put water in the tube, so the ball floats to the top.

YOU HAVE A SPOON, A CUP AND A BUCKET.
How do you empty a bathtub full of water?
ANSWER: Pull the plug

A MAN IS LYING FACE DOWN, DEAD, IN THE DESERT.
He has a backpack. What happened?
POSSIBLE ANSWER: He is a parachutist

MOVING JUST ONE LINE, GET THE RIGHT RESULT:

$$4 - 8 = 10$$

ANSWER: Make the 8 into 6, and use the ekstra line to make the - into a +.