

## Session

**BALLOON GAME - WORKING WITH THE COMMUNITY** ⌚ 30 mins**Why conduct this session**

The balloon game is not only a fun and energizing session, but will also help demonstrate the value of teamwork and communication for the completion. Participants will encounter and deal with hindering forces, and as a team will need to come up with a strategy for meeting their goal. Moreover, the game symbolises the process of bringing about a shift in farmer's mindsets (represented by the balloon ) in order to encourage them to adopt a new practice (represented by the target).

**How to conduct this session**

1. Put up the target high on a wall, so that it's not very easy to reach
2. Arrange some obstacles (for example, furniture, books, shoes) to obstruct the way to the target. You could even open windows or switch on the fan to create additional environmental obstacles
3. Explain to participants that they have to begin from the opposite end of the room and get the balloon to hit the target without using their hands or touching the balloon with any part of their bodies. If they happen to touch the balloon or allow it to fall on the ground, they have to begin the process all over again.
4. Do a debrief after the session
5. Start a discussion with the group about their experience, with prompts such as:
  - How many times did you try before you succeeded?
  - How did you feel when you were unsuccessful initially, and how did you feel when you finally reached the target?
  - What strategy did you finally devise in order to reach the target?
  - Did all the participants get involved and contribute? Why or why not?

- How does this relate to the targets in your job, and can you apply any of these learnings to that context?

**Materials required:**  
 1. Ten balloons of medium size, inflated  
 2. A sheet with a target drawn on it



**Methodology:**  
 Game



## Why conduct this session

The idea behind this session is to help participants think about a problem within their own community, envision an ideal state, and think about how this can be achieved.

Your questions and prompts will help participants list various gaps and potential interventions, as well as the various modes of communication that could be used. Moreover, they will need to anticipate the challenges to realizing that ideal state.

## How to conduct this session

- Lead the discussion by asking the participants these questions:
  - How would you like to see your community after five years?
  - What are the current interventions underway in your village for improvement of best agriculture / health behaviours and practices?
  - Which of these interventions are giving you the best results and why?
  - What other interventions would you like to see in your village?
  - How will you use your experiences (of extension) to achieve the objective of this new intervention?
  - What challenges do you foresee to achieve what you have envisioned?
- Note down discussion points on the flipchart. Highlight the communication challenges faced by individuals.

**Materials required:**  
 1. Flipcharts with questions on visualization (one question per slide or chart)  
 2. Markers  
 3. List of supplementary and leading questions

**Methodology:**  
 Reflection



*Note: It is important to note that the vision or dream is not objective and so avoid using words like goal and objective when paraphrasing the discussions.*

## Session

**FRAME OF REFERENCE**

🕒 30 mins

**Why conduct this session**

All participants in a group come with their own diverse set of experiences and opinions. This is especially true when the group is made up of adults, as they can have much stronger preconceptions than children, as well as a wealth of past experience that guides their perception. It is essential, in a group setting, to ensure that participants respect each other's perspectives and are willing to listen to and learn from one another.

This short game-based session will help demonstrate how the same subject can be perceived differently by different people. It will also show participants that, despite the differences, multiple perspectives can be valid at the same time.

**How to conduct this session**

1. Display the optical illusion of old and young lady and ask participants what they see. Some will see an old lady, while others will see a young one.
2. Based on this, divide participants into two groups and ask each of them to convince the other of what they see.
3. Initiate a discussion about the exercise, and how it illustrated that different points of view can be simultaneously valid.
4. Steer the conversation to how it is important to listen to others' points of view and be empathetic to their perspective.
5. If one is willing to listen, then perhaps an entirely new image can be revealed.



*Note: Ensure that this activity does not become a 'conversation' between the partners. One person has to clearly speak on the given topic and the other person has to just listen to them, not ask any questions.*

## Why conduct this session

This session would give the participants a hands-on experience of conducting live screenings.

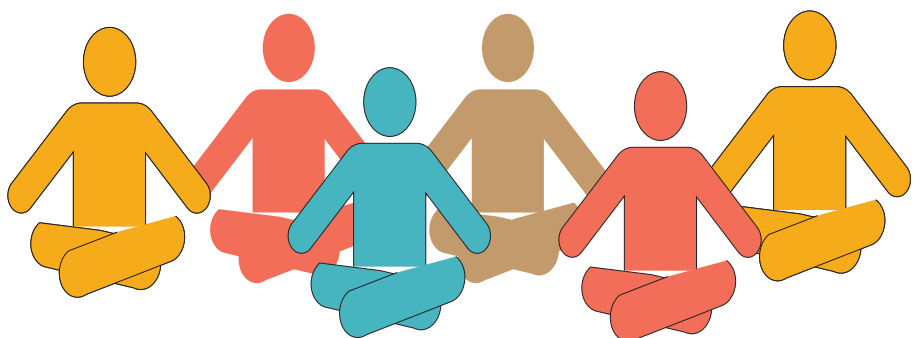
## How to conduct this session

1. You can arrange for a live screening practice in a nearby village with a SHG group, if you can make all the arrangements.
2. Select a video that would be screened and

**Materials required:**  
1. Pico projector set  
2. Video to be shown



**Methodology:**  
Live practice



*Note: Conduct this session only if you have ample time and if you can make all the arrangements properly.*

## Session

**ADOPTION VERIFICATION FIELD VISIT**

🕒 3-4 hrs

**Why conduct this session**

This session would give the participants a hands-on experience of conducting live screenings.

**How to conduct this session**

1. You can arrange for a field visit for adoption verification. Before going to the field have a discussion about how we can ensure that people adopt new practices.
2. Discuss that when we screen the videos, that is the time to motivate people to adopt. People who express their interest in adoption have to be followed-up with. Follow-up can also ensure that some people who are not that confident about adopting might get convinced if the mediator visits them personally.
3. Explain the existing practice of adoption verification - the mediator has to visit everyone who expressed interest in

**Materials required:**  
1. Adoption Verification Forms

**Methodology:**  
Discussion and Field visit



adoption. They should take the adoption verification form with them, and ensure that all the non-negotiables have been adopted.

4. Tell them that the non-negotiables are mentioned in the videos. The mediator should ask probing questions to verify with the farmer- what, when, where, why and how the adoptions
5. Take the group to the field and go to 5 farmers to verify at least 5 adoptions.



*Note: Conduct this session only if you have ample time and if you can make all the arrangements properly.*