




BREAKING BOUNDARIES

**Breaking Boundaries
Prompt Cards**



Breaking Boundaries connects young people, their families and communities together through regular engagement in sport and physical activity, fostering mutual respect and friendships by playing, spectating and volunteering. It is being delivered in five cities: Bradford, Birmingham, London (Barking and Dagenham), Manchester and Slough.

The project uses sport as a tool to improve:

- Social connectedness and attitudes to diversity
 - Empowerment and community voice
- Community participation and sense of belonging
 - Partnership working
 - Wellbeing
- Knowledge and skills that support community cohesion





How can you use these cards to increase the impact of the Breaking Boundaries project?

- **Breaking Boundaries connects people together, especially people from different communities who may not have much contact in everyday life.**
- **These cards provide you with suggestions, guidance and practical activities that you can build into your sessions to make these connections more frequent, more positive and more meaningful.**
- **There are twelve activity cards in total, to match the twelve sessions that you are running as part of the Breaking Boundaries project.**
- **Social mixing is like sport. Some people pick it up quicker than others. Keep this in mind when you're encouraging people to mix. Perhaps some people could start with a 'buddy' so that they always have someone they trust to work with. They might feel happier joining a new or mixed group if their buddy is with them. A buddy system can help people who face extra challenges around language and communication.**



How do I use these cards in one of my sessions?

Each card has three types of activity:

- **Ice-breakers and Energisers:** activities to make people feel safe and comfortable at the start of a session, to ‘raise the temperature’ of the room, to make them feel livelier and more dynamic, and to build trust and confidence.
- **Grouping games:** to organise people in different ways to increase social mixing during your sport sessions.
- **Conversation starters:** prompts to encourage people to build their understanding of different cultures and traditions.
- You can select the ones that best fit with the type of session you’re running and the needs of the group at the time.
- Some of the activities require physical contact, and not every member of the group will always be comfortable with that. The best thing to do is to check with people before you introduce it.



Facilitating conversations and discussions

TIPS AND TOOLS:

- Try to set aside some dedicated time for people to mix socially and have conversations. 15-20 minutes at the end of a sport or activity session is ideal. Provide some snacks and drinks in the first couple of weeks then perhaps ask people to volunteer to bring some things along to share with the whole group.
 - Use the themes and prompts as suggestions, but remember that you're trying to increase social mixing, so if people go 'off-topic' but are still socialising and building relationships, that's absolutely fine.
- Some people will never feel comfortable talking in front of a large group, and that's fine, too. Don't force or pressure people into talking if they're not ready.
- Some people might be happier writing their thoughts down on a post-it for someone else to read out. You could create an 'idea wall' to make this possible.



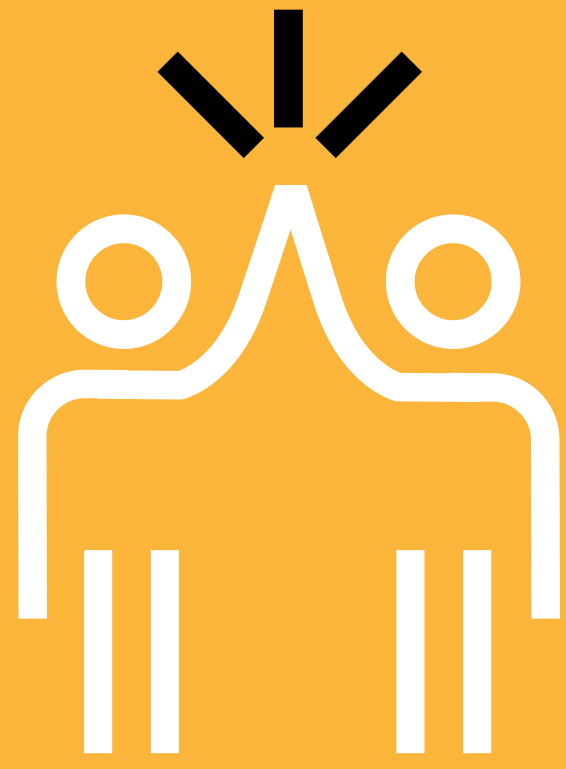
TIPS AND TOOLS (CONTINUED):

- **Try starting conversations off in small groups of 3,4 or 5. You can then ask one person to speak on behalf of their small group in front of the larger group.**
- **Sometimes there are a few people who tend to take over in group discussions. If this happens in your group, you could try something like a one-minute timer for every individual contribution.**
- **If you're starting with small groups, use lots of different grouping games to mix people up over the course of the twelve weekly sessions. Ideally, by the end, everyone will feel comfortable and confident talking to everyone else, but this isn't always easy or straightforward.**
- **Use the sport sessions themselves as a conversation starter. Ask questions like: 'What did you enjoy most about this week's session?' and 'What would you like to do next time?' before moving on to more challenging questions like 'Who impressed you the most today and why?' and 'What positive thing did you learn about yourself today?'**



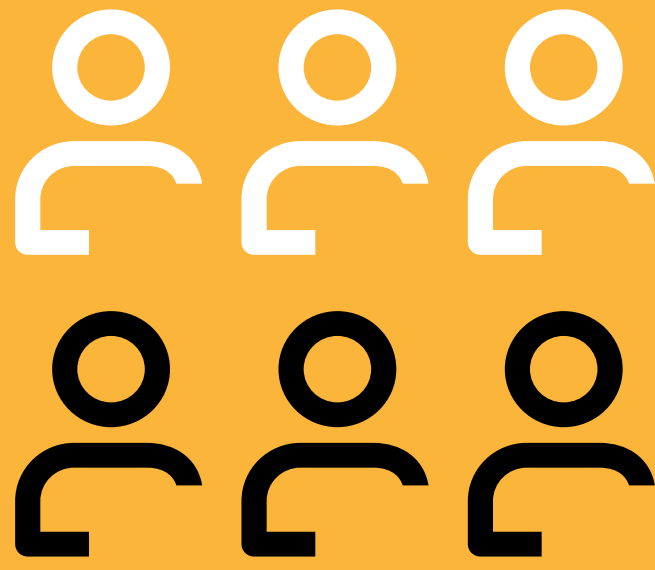
BREAKING BOUNDARIES

SESSION ONE



ICE-BREAKERS AND ENERGISERS:

- **Ask everyone to make a name badge: the name they wish to be called and a drawing of something that reflects them, e.g. something they like, something they've achieved, aspect of their personality, belief etc.**
- **Play some music and ask the group to move around the room. When the music stops, find the nearest person, say hello and learn their name.**
- **Restart the music and travel around as a pair. When the music stops, find a new pair and introduce your partner to the new pair. "Hello, this is..." Restart music and move off again in your pair.**
- **You can add extra layers to this activity by asking each participant to share something with their new partner – something they like, something they're looking forward to, something they're nervous about, for example. They can use this when they introduce them. "Hello, this is..., and they're looking forward to..."**



GROUPING GAMES:

- It's worth investing in a set of plastic or wooden ice-lolly sticks. On the sticks you can use four different categories for dividing whole groups up into different numbers of teams.
- For example: Use six different colours on one end/side of the sticks for 6 teams.
- Write the names of five different famous people on one end/side of the stick for 5 teams.
- For teams of 3, write numbers on one end/side of the stick, making sure you have three of each number in total.
- Write North, South, East and West on the last end/side for 4 teams.





CONVERSATION STARTERS

Theme: New people and new environments

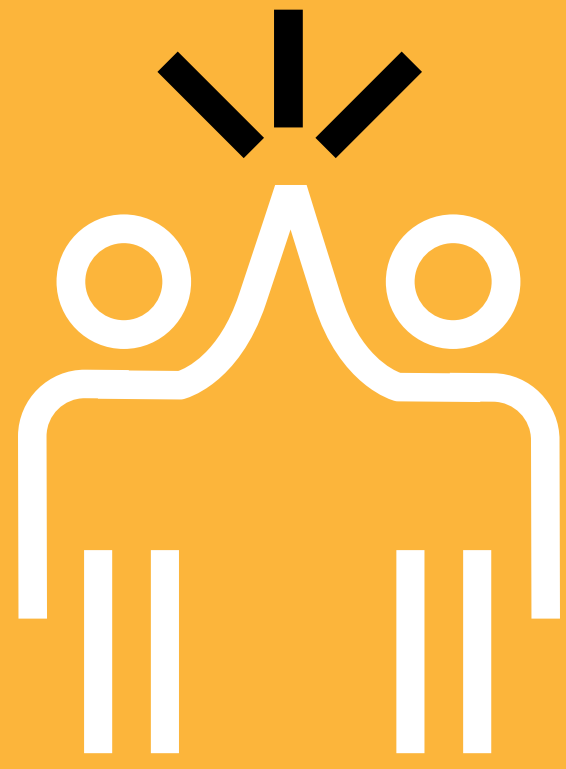
- “How much have you enjoyed today’s first session?”
- “Was there anything you were worried about before you came?”
- “Have we helped you with your worries?”
 - “Is there anything else we can do?”
- “Hopefully, you’ve met some new people today. What has been the nicest surprise about this group of people?”





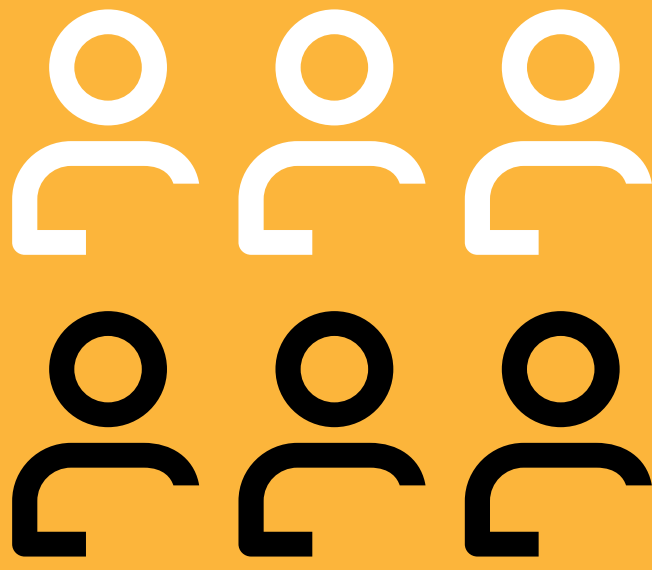
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SESSION TWO



ICE-BREAKERS AND ENERGISERS:

- You will need 2-3 easy to catch balls.
- This is a great way of learning names as a group.
- Form a standing circle. Say your name out loud and pass the ball to someone else. If they don't do the same, start again and pass to a different person until they realise that they should say their name then pass the ball on. When everyone understands what to do, stop the game.
- Say the name of another person and pass the ball to them. They should say the name of another person and pass them the ball.
- Lastly, say the name of someone else, pass them the ball and put your hands on your head. Nobody may pass the ball to someone with their hands on their head. The game ends when everyone has been passed the ball.
- If you want, you can introduce an extra ball or two.



GROUPING GAMES:

- You need a bag of small balloons of mixed colours.
- Take one balloon for each person. If you need four teams, choose four different colours.
- Put the balloons on the floor around the space and ask everyone to find one and pick it up. Now, they need to find all the other people with the same colour balloon and form a group.
- Then ask the team to work together to blow up and tie all the balloons. The first team to inflate all their balloons wins.
- You can hand the balloons out at the start if you want to make sure certain people are together or not together.



CONVERSATION STARTERS

Theme: What's in a name?

- Start this session off in groups of 3 or 4.
- Does anyone in each group have an interesting story about the meaning of their name or how/why they were given the name they have?
- Has anyone faced any difficulties because of their name? (Perhaps people mispronounce it or perhaps they've been teased or discriminated against).

Share some stories with the whole group, then ask the whole group the following question:

- What is one thing we could all do as a group to ensure that everyone here is able to feel proud of their name? (Hopefully, people will suggest that everyone learns everyone else's chosen name, including how to pronounce them correctly – if they don't, you can suggest it).

