

Multiple perspectives fishbowl

3 steps to the activity realisation



Step 1 – preparation phase

To implement this activity, you will not need to prepare a lot beforehand. You will need a large room where you can all sit together in a circle, with someone in the middle. You may also need to prepare some example scenarios with multiple perspectives. You may also want to provide the learners with a pen and paper so that they can write down notes throughout the exercise.

Step 2 – activity phase

At the beginning of the activity, you will need to explain the concept of a fishbowl exercise. The idea is that the person in the middle presents their arguments, opinion, or description of events whilst the others listen and try to understand their perspective. Participants outside of the circle can then tap the person in the middle when they feel as though they want to add to the discussion and share their perspective. The person in the middle will then be replaced by the person who tapped them. Explain that the aim is to listen and understand alternative perspectives rather than trying to get your own point across.

You can then assign the group a scenario with multiple characters who have different perspectives. An example scenario could be:

A young boy is playing with his friend and is kicking a ball around in the street. They decide to play a penalty shoot-out against a wall. They are having fun but making noise. Someone from the house next door comes out and starts to shout at the boys for making noise and asks them to be quiet, because they have a small child who is trying to sleep (it is about 6 p.m. on a weekday). One of the boys suggests that they move elsewhere and play in the park instead. The other boy gets frustrated at the man who is shouting at them and decides to shout back, telling him that they haven't done anything wrong, and that it is still early. The older man then gets more frustrated and calls both boys' parents.


The characters in this scenario are:


- ✓ The young boy who tried to get his friend to play elsewhere
- ✓ The young boy who got frustrated at the older man.
- ✓ The older man who shouted at them both for making noise.
- ✓ The parents of both the young boys.



Type of activity:
Psychodrama

Value of the activity:
This activity can help learners with acquiring communication and self-awareness skills, and enables them to present their opinions, positions, their realities

 Timing:
Preparation: 10 min.
Implementation: 40 min.

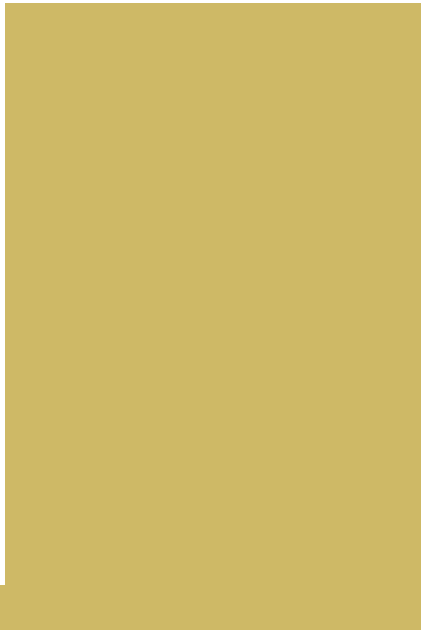
 Activity follow-up:
Encourage reflection at the end of the activity.

 Other value case box components:
N/A

 Value quoted:

Step 3 – wrap up phase

At the end of the fishbowl exercise, ask the learners to share any final thoughts or questions they might have. Encourage them to reflect upon how considering multiple perspectives has made them feel, particularly if they have considered an event that has happened to them. Ask questions such as: how do you think you may respond to similar situations in the future, after considering multiple perspectives today? Do you think any of the perspectives shared were unfair - if so why? What have you learned from the fishbowl activity?



Your notes:

- V ...
- V ...
- V ...
- V ...
- V ...