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Name: Cross spectrum

Time: 30 minutes, or longer

Goal or purpose of the exercise:

To help a group determine what is an effective nonviolent action; show the different perceptions on nonviolence; to test or develop specific proposal for effective nonviolent action that the group can agree on

How it's done/facilitator's notes

The facilitator makes a cross (+) on the floor with masking tape, long enough to make a grid that the group can stand on. Write “nonviolent” and “violent” on opposite ends of one line, “effective” and “not effective” on opposite ends of the other. (Instead of tape, you can simply put the words on paper at ends on four sides.) The facilitator presents a possible action scenario, asking people to stand in a place on the grid that represents how they feel about it (i.e. nonviolent but not effective). Ask some of the people to explain why they are standing where they are, explaining people can be “moved” by what is said. If the purpose of this exercise is to create an effective nonviolent action for a certain situation, the facilitator and participants should make scenario suggestions that move people towards the nonviolent and effective corner. The facilitator should make a list as people identify what is needed to make the action more effective and nonviolent. (i.e. Training of all the participants, good media work, etc.) If the purpose is to show the different perceptions on nonviolence, a wide variety of scenarios can be suggested by the facilitator and participants.

Trainers notes

The facilitator should ask questions to get the group thinking more deeply about what is effective and nonviolent. Depending on the purpose of the exercise, this exercise can be done in as short a time as 20 minutes if simply showing how people feel about actions, or extended until a satisfactory nonviolent action scenario is developed if that is the goal.

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