

## [Exercise: Power Walk

(Technique: Large group game)



**Time estimated: 15 minutes**



### **Materials Needed:**

\* character cards

- \* Give each of the participants a card with a name on it (attached below).
- \* Request the participants to join at an open space for the exercise
- \* Ask participants to stand in a row
- \* Give an instruction to participants to take one step forward if the statement applies to his/her given character. Read the statements following statements:

1. If I am hungry, I can eat as much food as I want
2. My family is rich
3. We get our daily food supply from a supermarket
4. I can attend the best school in town as my family is rich
5. My dad has a very good paying job
6. My mum does not need to go to work
7. If I get sick, I have enough money to buy the medicine
8. I do not need to leave my country to find a job
9. I went to secondary school
10. If I got into a fight, people would ask for my side of the story
11. I can go to work or to school by car / bus
12. I have lots of friends
13. I can work in my country and earn a very good wage
14. I am accepted in my country

After reading the statements ask those who have come forward and discuss why they are at the front, what those who remained at the back feel about those moved forward. Explain that these are people normally meet when at community. Also ask people at the back who they are and why they did not take steps. Explain that these are people who deserve attention.

Discuss the outcomes of the power walk and its implication on our community level activities. Also assess what capacities people at different level need to listen to others.

Some key questions that facilitators may want to ask:

- Why are some people at the back, and others are at the front?
- How did the people at the back feel when the others were stepping forward?
- How did the people at the front feel when they moved ahead of the others?
- Can the participants who take none or only take a few steps have their voices heard by those at the front? How could they be heard?
- The distance between participants symbolizes lots of real distances or inequities in communities. What are they? (Socio-economic, cultural, rural/urban, status, etc.)

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## **Power Walk Characters**

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Boy from Nigeria, aged 9	Rich High School boy
Girl from Nigeria, aged 5	Female Social Worker
Boy from Nigeria, aged 6	Male Accountant
Mother of Nigerian Children, aged 35	Female Manager
Father of Nigerian Children, aged 37	
Teenage girl from Nigeria, aged 15	
Girl who comes from a rich family, aged 11	
Police Station Commander	
Female English language educator	
Male Lawyer	
Street boy, aged 12	

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