

Surf Lifeguard Award

Instructor Resource

Activities for Adult Learners



SURF LIFE SAVING®
NEW ZEALAND



Line up

1. Ask the group to line up along one wall of the room. Present an issue to the group.
2. Instruct the group that the right end of the room represents 'Yes I completely agree' and the left end of the room represents 'No I completely disagree'.
3. The group should mingle and discuss their opinion on the issue and take the appropriate position within the continuum.
4. Take a few moments to discuss why they have chosen the position they are at within the line.



Post it parade

This gives each learner the opportunity to generate ideas and find solutions.

1. Give each person a few post-its and explain that they will write one idea per post it.
2. Ask the group a question or prompt.
3. Have the group post their individual post-its on the board or wall.
4. Discuss common themes of the post-its as a group.

Voting with dots

This technique allows voting to occur and to gauge a level of agreement among the group.

1. Place topics, strategies and/or statements around the room.
2. Give each person a set of sticky dots.
3. Have each person walk around the room and think about each topic, strategy and/or statement. They should place sticky dots on the areas that they strongly agree with.
4. At the end, visually assess the opinion of the group and discuss as a whole.

Snowball

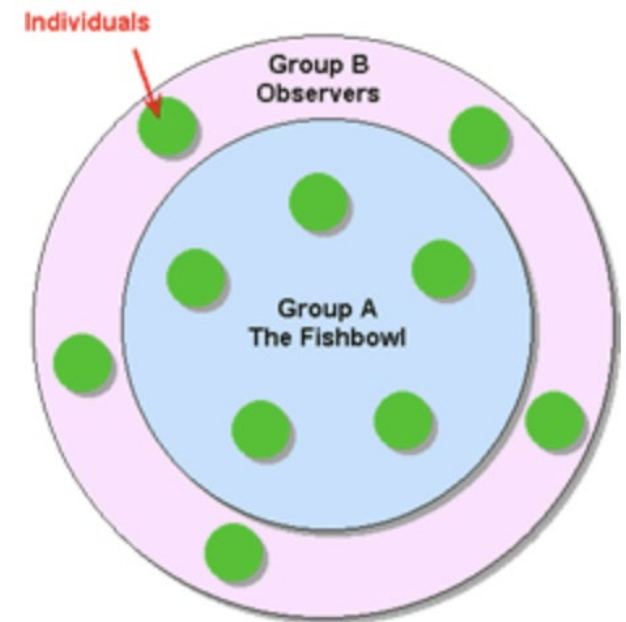
This technique encourages the most important issues, questions or ideas to be discussed.

1. Present an idea, question or issue to the group. Each learner will think about the posed question or issue and generate three reactions, comments or answers.
2. Learners are then paired up and discuss their three points. They must come up with three things they agree on.
3. The pairs join with another pair and again come up with three things they agree on.
4. Discuss as a whole group the most important ideas, questions or issues.

Fishbowl

This technique allows for dynamic involvement.

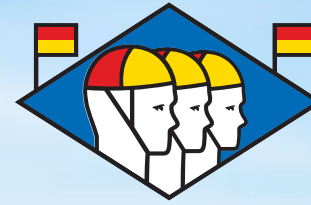
1. Have a small group of learners in the fishbowl to participate in the activity. The rest of the class are outside the fishbowl and observe the activity.
2. Give the fishbowl an assignment (discussion, exercise, scenario) and have them complete it. The outside group will observe.
3. After 10-30 minutes swap the fishbowl and outside the fishbowl and repeat the process.



Buzz

1. Split learners into small groups.
2. Give each group a topic to discuss. This may be the same topic or different topics.
3. Give each group time to discuss the topic or question.
4. Have each small group share one idea, answer or argument with the rest of the groups.
5. Record ideas on the board.





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