Title	SOLVE THE PROBLEM TOGETHER
Description	Each participant gets a piece of paper. When the teacher gives the signal, everyone has to write down a problem they need help with. This can be a professional problem or a personal problem. However, the problem must be solvable. They can also write down a challenge they are facing or would like to overcome. Afterwards the participants have to pass the pieces of paper around in a circle and write suggestions for solutions. Duration 45 seconds (can be modified). When your own problem has come back to you, you can start a reflection phase.
Aims	This exercise shows the value of all ideas. When you work as a team, brainstorming sessions often sway toward the vocal and dominant personalities, even though other team members have good and helpful ideas too. The method treats the participant's ideas equally.
Main skills addressed	● Problem solving ● Empathy ● Self-efficacy
Why is this activity suitable for promoting civic participation and integration?	The method shows that everyone can contribute something to society and helps participants to see their problem from a different perspective and that there can be a solution to every problem. Being part of society also means recognizing that you are not alone and you can get help if you need it.
Type of activity	Reflection, Teambuilding
Suitable for how many participants (min. / max.)	Small groups
Indication of duration of the activity	30 min
Indication of preparation (time, material needed)	Up to 15 min. Provide paper and pencils according to the number of participants.

Evaluation method	It is possible to do a follow-up session, meaning the participants can share the impact of the suggestions, focusing their perception of the solution offered.
Variations	It is possible to do the exercise anonymously. For this purpose, the teacher collects the problems and challenges in advance. If writing / language is a problem you can do the exercise orally. This can be done in the participant's native language, with the use of translators.