

## EXERCISES FOR WORKING IN NONVIOLENCE

**T**his section describes exercises to help in developing your nonviolent campaigns and actions. These exercises can be used during nonviolence trainings, workshops, or group meetings. Exercises make our time together more participatory and contribute to the process of learning and building capacities among participants.

The exercises we have collected come from a variety of sources in our rich history. Many times these exercises have been adapted and changed over time. We expect that you will do the same, changing them to meet your needs. While most of the exercises in this section can be used for different purposes, we give some recommendations for where and how to use them best, as well as tips for the facilitator/trainer.

We hope you find these exercises useful in your process of building nonviolent campaigns and that they motivate you to search for and develop more exercises to continue to enrich the repertoire of the nonviolence movement.

### **Intellectual Property**

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Only a few of these exercises give ‘credit’ to particular trainers or training groups. We apologise in advance to anybody who feels he or she should have been credited as the author of a particular exercise. Please let us know so that we can rectify this on the Web and in future printed editions. However, most exercises used in nonviolence training have been passed from group to group and adapted according to new situations or styles.