

# Shocks and Shields

Energising  
#209



## Objectives:

- To explore the topic of migration and climate resilience
- To create a sense of bonding among participants

**Number of players:** 20+, works well with large groups

**Time:** ca. 20 minutes

**Materials needed:** Shock cards: 10 pieces of paper, with the following numbers: 3 (2x), 4 (3x), 5 (3x), 6 (2x)

**Facilitation skill:** ★★ Somewhat challenging, needs careful facilitation, check if this is appropriate for the group especially in settings where touching is inappropriate.



## Relevance for climate resilience

Since 2009, an estimated one person every second has been displaced by a disaster ([IDMC 2015](#)). With climate change impacting the frequency and intensity of extreme weather events and adding to the stress on resources, migration can become increasingly necessary. Note: migration is a complex issue with many causes.



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# Shocks and Shields ★★



**Play-space:** A large space where people can move around

## Process:

1. Invite volunteers to become 'shock players'; ca. 1 'shock player' for every 10 'citizens' (regular players).  
The 'shock players' all gather near the facilitator, at one end of the play space.
2. Ask citizens to group in groups of 5-10. They can be seated around tables, or standing. Explain this is their 'home', and the people in their groups are their neighbours. Ask everyone to greet their neighbours.
3. Explain the setting: *We are all living in a region that experiences a lot of shocks, for example floods or heatwaves. The magnitude of the shock is defined by a number on the shock cards. Stack them to start with a 3, and then randomly draw other cards from the pile. Explain that historically, this region is only used to magnitude 3 shocks.*
4. Explain that the 'shock players' try to tag as many unprotected citizens as possible. *If you are not protected, you have to leave your home and migrate to a different location in the room. You like your home and do not want to migrate.*
5. Show how citizens can protect themselves: by interlinking their hands to form a shield (see image). The number of players of the shield should be identical to the number on the shock card.
6. Play one test round and 5-8 real rounds, depending on time.

## Debriefing:

The debriefing is where the shared learning takes place.

Example questions:

1. How did you feel? What did you experience?
2. Did you experience having to leave your 'home'? How was that?
3. How did what you experience relate to the real world?

## Acknowledgement:

The Red Cross Red Crescent Climate Centre has modified this activity, originally introduced by the Applied Improvisation Network



Photo by: Plan International, Lembata 2017

