

GROUP LEVEL

Interpersonal skills (teamwork, trust and leadership)

Interpersonal skills help us to relate in positive ways with the people we interact with. This may include being able to make and keep friendly relationships, which can be of great importance to our mental and social well being.

Sports can stimulate co-operation across gender, age and ethnicity. Sports can be used to illustrate the benefits of working together and create *trust*. Kids and youth will experience achievement and excitement when *working as a team*. In this way, the participants learn how everybody has useful qualities in a team, when each participant is given an equal opportunity to contribute to a common goal. GAME creates a sense of trust that reaches into the everyday life of kids and youths and the playmakers too so that the trust extends beyond the asphalt and the playmaker camps. Through sports kids and youth gain knowledge about other people and other cultures and GAME aims to create trust across culture differences. Trust is an important starting point in commitment to the social community among kids, youths and playmakers alike.

Interpersonal relationship skills are also connected to taking *leadership*.

Leadership is the ability to enhance social communities in positive directions and it implies the capacity to guide others and influence their behaviour in a constructive way. Leadership is also the ability to make groups and different processes develop in an appropriate way so that goals can be reached.

With a focus on leadership GAME aims to enhance the capacity of kids, youths and playmakers to identify and make use of potentials, create network, participate in social life and initiate positive social change.

Empathy

Empathy builds on the ability to understand and care about other peoples' needs, desires and feelings, and empathy is the capacity to have a successful relation to peers and society at large. Moreover when we understand ourselves as well as others, we are better prepared to communicate our needs and desires. We will be more equipped to say what we want people to know, present our thoughts and ideas and tackle delicate issues without offending other people. At the same time, we will be able to elicit support from others, and win their understanding.

Empathy is the ability to imagine what life is like for another person so that we behave in a more compassionate manner. Playmakers aim to teach kids and youth to respect and accept diversity and differences in skills and personality as well as age, ethnicity and gender.

Effective communication

Effective communication means that we are able to express ourselves, both verbally and non-verbally, in ways that are appropriate to our cultures and situations. Effective communication entails the capacity to express opinions, desires and needs, and the ability to offer empathetic counsel to others without judging. Playmakers motivate kids and youth to listen when someone is talking, to tell people how they feel when someone hurt their feelings, to apologize when they are wrong and to ask for help if they do not understand something.

Effective communication is an important element in social interactions, and it is a fruitful tool to resolve conflicts and express self in an effective manner.

Problem solving

Problem solving helps us to deal constructively with problems in our lives. The purpose of enhancing the capacity of problem solving is to avoid that a conflict becomes violent. GAME encourage empathy and mutual respect, and teach kids and youth how to understand and acknowledge that aggression can be present, but that the participants also can regulate and handle the aggression. Drills aim to support collaboration and dialogue between different persons and cultures, and the activities teach kids and youth to reject prejudice and stigma and promote respect and sympathy instead.

Significant problems that are left unresolved can cause mental stress for the individual and cause conflict situations in the group. Problem solving is thus closely connected with *conflict prevention*, and among kids, youths and playmakers the two life skills will improve their capacity to engage in social contexts and in the broader society in general.