



# EXPLORE WORKSHOP GUIDE

CRICKET CHANGEMAKERS — FROM CHALLENGE TO ACTION

# EXPLORE WORKSHOP GUIDE

## EXPLORE WORKSHOP PURPOSE

The EXPLORE workshop uses play-based activities to:

- Understand the issue identified during the IGNITION phase
- Define a clear goal for change
- Identify strengths, resources, and barriers
- Map out how to involve others in making change happen

By the end of this workshop, participants will have created a **planning grid** to guide the PLAN phase.

## WHAT YOU'LL NEED

- Cricket Changemakers Banner (or printouts)
- 1 Large sheet of paper (flipchart size)
- 6 Sheets of A4 paper or card
- Markers / Pens
- Printed bats for “Strength Bats” game (1 per player)
- 2+ sets of stumps, 1 bat, 12+ cones, 3+ tennis balls
- Camera or phone to take photos of the outputs

## WHO TO INVITE

- Cricket Changemaker Tutor / Facilitator
- Players (boys and girls) x 10-16
  - Include players identified as potential peer leaders in the Ignition phase
  - Where possible, include players from marginalised backgrounds for example children with disabilities, from poorer families
- Coaches from Community and School Sessions x 2/3
- Staff from local NGOs x 2/3

### NOTE

Before running this workshop, it can be helpful for Cricket Changemakers facilitators, coaches, and NGO staff to meet in advance. This pre-meeting is a chance to go through the guide, agree on how to introduce the issue, and plan the key questions that will help players think about the challenges and root causes of the issue identified during the IGNITION phase.



## WORKSHOP SCHEDULE (APPROX. 4 HOURS)

Activity	Game	Purpose	Time
Welcome and Icebreaker	Rapid Bat Writing	Warm-up, build energy and connection	30 min
Game 1	Superpower Cricket	Reflect on individual and collective strengths	30 min
Game 2	Challenge Busting	Explore the issue in depth	45 min
Game 3	Team Targets	Define a clear goal for change	30 min
Game 4	Changemaker Cricket	Understand who to involve and how	45 min
Group Task	Planning Grid	Capture strategies for spreading the message and engaging others	30 min
Wrap-up	Reflection Circle	Affirm insights, share ideas	30 min

### NOTE

These activities can be run one per week / session over multiple days or weeks if needed.

# EXPLORE WORKSHOP – WELCOME SCRIPT

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## FACILITATOR NOTES:

- Use energy, smiles, and local examples
- Keep it simple and engaging – this is a warm, motivating welcome Translate key phrases into local languages if needed
- The following steps are just a guide for what you should say – you can use your own words and local language to make it feel more natural!

## 1. WARM WELCOME

“Hello and welcome everyone! It’s amazing to have you here today. You’ve been invited to take part in something new, exciting – and important.”

“This is the start of your journey as **Cricket Changemakers** – young leaders who are going to use cricket as a way to make your schools, your community, and maybe even the world a little bit better.”

## 2. WHAT IS CRICKET CHANGEMAKERS?

“Cricket Changemakers is about more than sport. It’s about using the game we love – cricket – as a tool to understand challenges in our community and take action together to change them.”

“That might mean helping more girls feel safe to play, stopping teasing or bullying, raising awareness about health, or making school feel more equal for everyone.”

“The most important part is that the ideas come from you. You are the ones who understand your lives best. You have power – and this programme is here to support you to use it.”

## 3. WHAT HAVE WE DONE SO FAR?

“Before today, some of the coaches and young people who love cricket in your area started to notice an issue – something that isn’t fair or that needs to change.”

Describe the issue identified here

# EXPLORE WORKSHOP – WELCOME SCRIPT

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## 4. WHAT ARE WE DOING TODAY IN THE EXPLORE PHASE?

“Today, we move into the **EXPLORE** phase. That means we’re going to understand the issue better by playing games, talking, listening, and learning together.”

“By the end of the workshop, we’ll come up with a **clear goal** - something we want to change - and start thinking about **who we need to involve** and **how we spread our message.**”

## 5. WHY THIS MATTERS

“Young people like you have already created change through this programme in other places - getting more girls into cricket, making schools more supportive, helping boys and girls learn together in new ways.”

“Change doesn’t always come from the top. Sometimes, it starts with young people who care. Like you.”

## 6. HOW WE’LL WORK TOGETHER

“This is your space. There are no wrong answers today. You can speak, you can listen, you can draw – whatever helps you share your ideas.”

“Let’s respect each other, be kind, and have fun.”

## 7. READY TO BEGIN?

“Does that sound good to you? Are you ready to explore?”

(Get a cheer or a high five – set the energy!)

“Brilliant. Let’s start by thinking about our strengths. Grab a bat and a pen - we’re going to warm up with our first game!”

## ACTIVITY DETAILS

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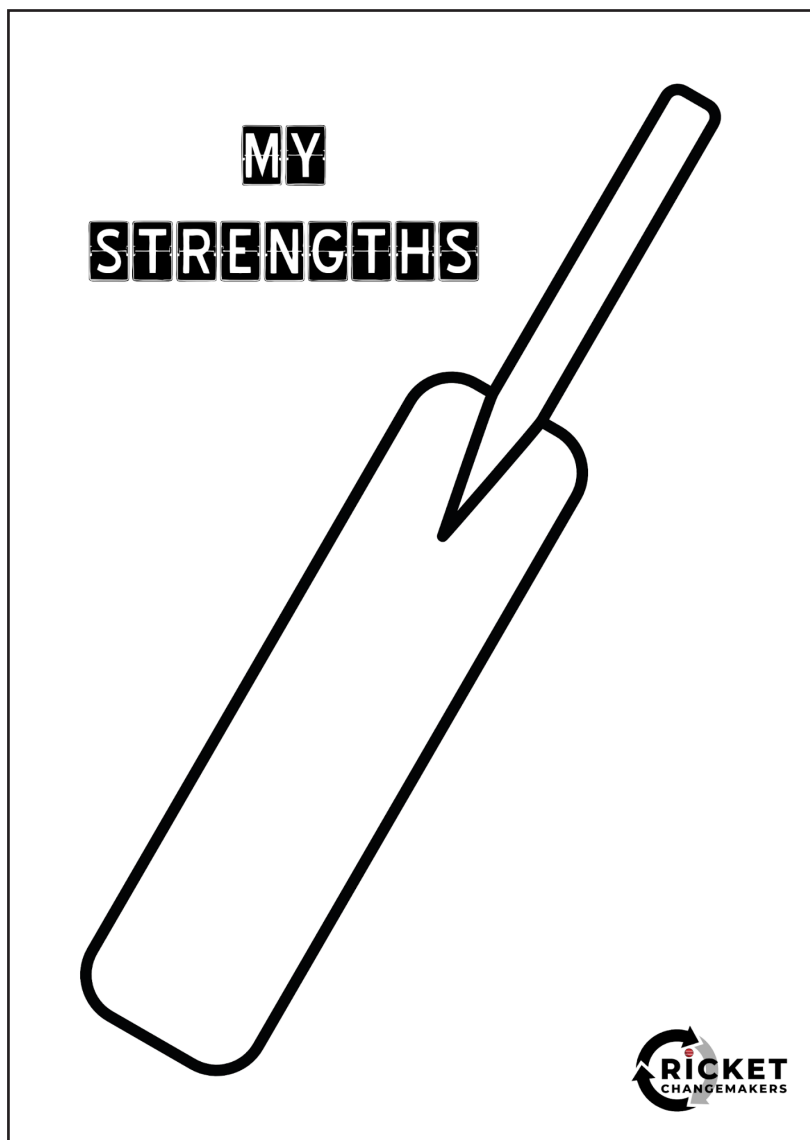
### RAPID BAT WRITING (WARM-UP)

**Materials:** Paper bats, pens

**Setup:** Give each participant a bat outline. Ask:

- What are your strengths as a person?
- What's one thing you're good at?
- What are your team's strengths?
- Who supports you in your community?

Let them write quickly - 1 minute per question. Share highlights as a group.

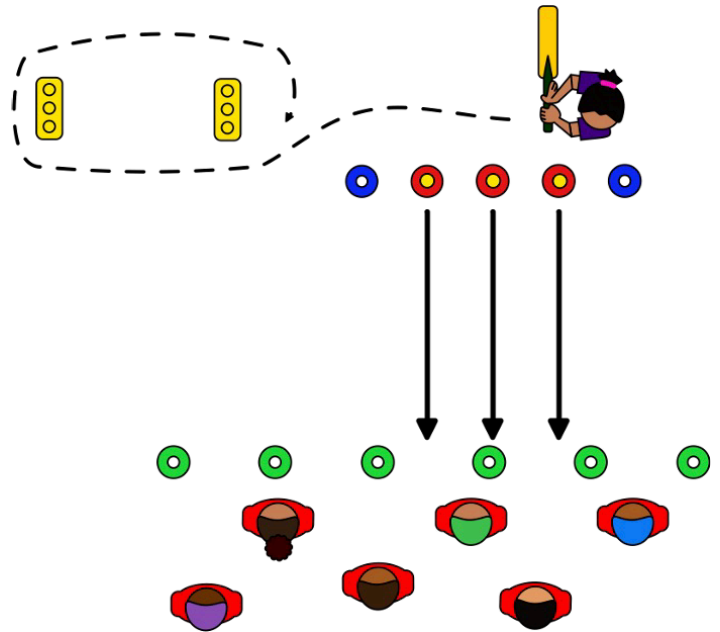


# ★ GAME 1: SUPERPOWER CRICKET

**Purpose:** Build confidence and name strengths

## Game Summary:

- Divide the group into two teams. Batters go one at a time.
- The batter hits the three balls off the cones towards the fielders.
- The fielders cannot cross the line until the last ball has been hit.
- The batter starts to run around the stumps.
- The fielders work together to return the balls to the cones.
- The batter stops running when the balls are returned.
- The number of times they have run around the stumps is added to the team score.
- Every batter in the team bats, then the teams switch.



## Discussion:

Each batter shares their "superpower" – a skill or strength – written on their paper bat. After playing, they discuss and agree on their team's shared strengths.

These can be added to a Team Strengths bat - you can use a printed off bat or write on an actual cricket bat.



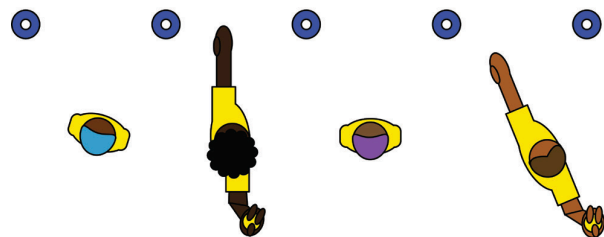
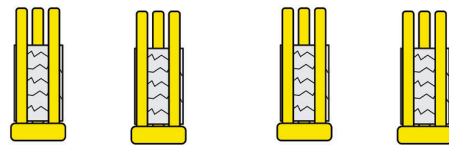
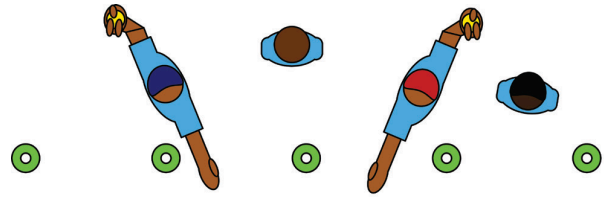
**Discussion Prompt:** "What strengths do we have that will help us make a difference?"

## GAME 2: CHALLENGE BUSTING

**Purpose:** Describe the challenge in detail

### Game Summary:

- Divide the group into 2 equal teams.
- Place the targets 12m from each group, with a line for each to stand behind.
- Each team starts with at least 3 tennis balls. On the shout of “go”, the players start throwing at the targets.
- The teams aim and throw overarm at the targets, the coach removes stumps and balls that are hit and puts them next to the team that hit them.
- Fielders cannot cross the line of cones, coaches should throw balls back to the players that get stuck in the middle.
- The winner is the team that hits the most targets.
- After 1 round, break into small groups and answer questions exploring barriers and challenges related to the identified issue (see below).
- Write these on sheets of paper or card and add them to the stumps. Then - repeat the game!
- Finish by players reading out and sharing their perspectives of what they have written on their paper / card.



## GAME 2: CHALLENGE BUSTING

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### Discussion Preparation:

Use these examples to help you prepare questions that explore your identified issue:

- What causes [your issue] in your community?
- What stops people from changing [your issue]?
- What makes [your issue] difficult for people?
- Who or what makes [your issue] worse?

Prepare your questions here:

### Discussion Prompt:

“What’s the biggest issue that is holding us back? Who or what causes it?”

# GAME 3: TEAM TARGETS

**Purpose:** Define the goal for change

## Game Summary:

- Split each group into two teams.
- The aim is to hit the stumps, which is the target. Players cannot move with the ball in their hand, and cannot go into either of the squares of cones.
- They must throw the ball with an underarm throw, passing amongst themselves to try to score. The team who hits their target the most times wins.

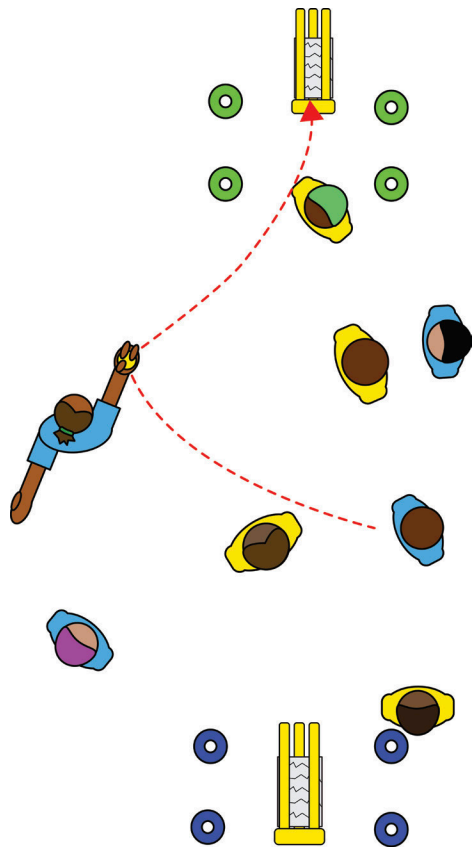
After a few minutes, take a break. Give the teams sheets of paper or card and pens, and ask each group:

- What does a better future look like for girls/boys?
- What do we want to change?
- Write these “dream targets” on paper or card and place on the stumps. Play again, and hit the dreams to score points!

Discuss with the group - based on what we have talked about so far, what do you want our main goal or message to be, related to our issue?

**Discussion Prompt:** “What is the most important thing we want to change through this project?”

Our main goal or message:

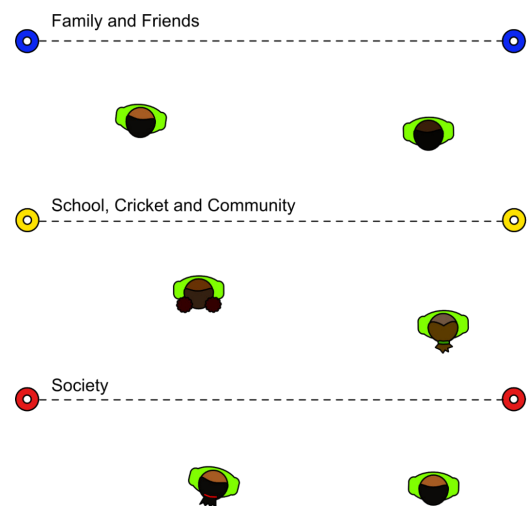


# GAME 4: CHANGEMAKER CRICKET

**Purpose:** Plan who needs to be involved and how change spreads

## Game Summary:

- Split the group into 3 teams, 1 team bats, 1 team lines up as wicket keepers, while the other team fields
- The batter hits the ball straight off the cone (or a drop feed/underarm throw), aiming to hit the ball through the cones.
- Batter hits a ball past 3 lines of cones:
  - Blue = Friends & Family
  - Yellow = School/Cricket Community
  - Red = Wider Society
- 1 run is scored if the ball is hit past the first line of cones, 2 past the second and 4 if hit past the final line.
- If the batter is caught then they are out and score zero!
- Once all batters have gone teams rotate.

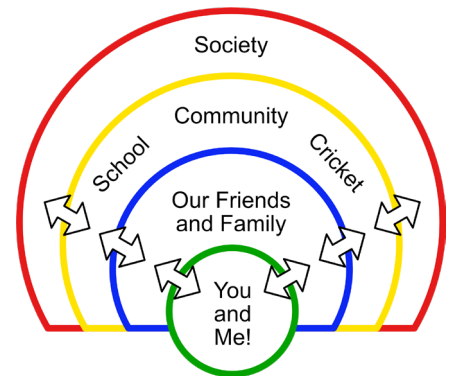


# GAME 4: CHANGEMAKER CRICKET

After playing Changemaker Cricket once, show the Cricket Changemaker banner with the Cricket Changemaker Rainbow:

## THE CRICKET CHANGEMAKER RAINBOW

This rainbow shows how change spreads — from you and me, all the way to society — and how different parts of our lives are connected.



<p style="text-align: center;">● You and Me!</p>	<p>This is the centre of the rainbow. It's you and me – our thoughts, our feelings, our actions.</p>	<p>👉 What you believe and what you do really matters. That's where change begins.</p>
<p style="text-align: center;">● Our Friends and Family</p>	<p>These are the people closest to you – the ones you live with, play with, or hang out with. They help shape how we see the world. Sometimes they support us... sometimes they hold us back.</p>	<p>👉 We can influence them too! When you show confidence, kindness or speak up, your friends and family start to think differently too.</p>
<p style="text-align: center;">● School, Cricket and Community</p>	<p>These are the bigger groups we're part of.</p> <ul style="list-style-type: none"> <li>• School: where you learn</li> <li>• Cricket: where you play</li> <li>• Community: your neighbours, local leaders, shops, clubs, religious places</li> </ul> <p>These places have rules, traditions, and opportunities that can help or block change.</p>	<p>👉 When your team shares a strong message or runs a great event, it can change how these places behave. A good idea spreads.</p>
<p style="text-align: center;">● Society</p>	<p>This is the outer layer – things like national rules, laws, media, and big cultural beliefs. It feels far away, but it affects everything – even what clothes we wear or who gets to speak.</p>	<p>👉 It might feel hard to change society. But society is just lots of communities joined together. When lots of people like you take action, big change can happen.</p>



# GAME 4: CHANGEMAKER CRICKET

## SO WHAT DOES THIS ALL MEAN FOR YOU AS A CRICKET CHANGEMAKER?

It means:

- Change starts with you and your team
- Your actions affect your friends and family
- Together, you can influence schools, cricket, and your local community
- If enough people do that... even society starts to shift

You are part of the rainbow – and you can send out ripples of change. 

Play Changemaker Cricket again, and explain:

In **Changemaker Cricket**, the batter hits the ball past three lines – each one representing a different level of influence:

1. **The closest line** is our **Friends and Family** – they're the people we can reach most easily.
2. **The middle line** is our **School, Cricket, and Community** – a bit further away, but still connected to us.
3. **The furthest line** is **Society** – that's the hardest to reach, but not impossible.

Just like in real life, there are **barriers at every level**. But if we **start close** – by sharing our message with our friends and family – and they support us, they can help us reach the community. And if the community gets involved, **even society can change**.

**It's like building momentum:** each layer helps the next one move, just like the ball rolling past all the cones!

Changemaker Cricket shows that **change starts with us** – and spreads further when others join in.

### **Finish with a Discussion:**

- What are the barriers at each level?
- How do we get people to support our message?
- What could each group do to help us?



# PLANNING GRID ACTIVITY

Using a sheet of chart paper, draw a large grid as illustrated below:

Group	How can we get the message to them?	How can they help us with our goal?
Us (Cricket Changemakers)		
Friends and Family		
School Community		
Cricket Community		
Wider Community & Society		

Fill in each row with ideas from the Changemaker Cricket discussion.

## Prompts for Group Discussion

- Who are the people in your community that everyone listens to?
- What's a small action we can do quickly to show we're serious about change?
- What messages will connect best with each group?

## END CLOSING CIRCLE

Ask each participant to:

- Share one thing they learned today
- Share one thing they're excited to work on

Take a group photo with your planning grid!

## AFTER THE WORKSHOP

- Photograph completed bats, maps, and grids
- Save materials safely for use in the PLAN phase
- Share highlights with CWB team if you'd like feedback or inspiration