

Debriefs

A simple and dynamic debriefing method that allows participants to quickly reflect on a shared experience. By physically positioning themselves according to their strongest feeling, participants immediately identify what worked well, what was challenging and what they want to carry forward.

Objectives

- Collect quick feedback from the group.
- Encourage immediate reflection after an activity or performance.
- Identify successes, challenges and learning outcomes.
- Support collective discussion and continuous improvement.

Context of use : At the end of a workshop, rehearsal, performance or collective activity.

Target group / Age range : 10 years and over.

Number of participants : 10–30 participants.

Duration : Approximately 15–20 minutes.

Materials needed : No materials required.

Step-by-step process

1. Create three distinct zones on the ground.
2. Introduce the meaning of each zone:

What worked well : moments you enjoyed, things that felt right or successful.

What was difficult : moments that felt uncomfortable, challenging or that you would not like to repeat.

What to take forward : something you learned, discovered or would like to develop in the future.

3. Ask participants to move, without overthinking, to the zone that best reflects their strongest feeling.
4. Once everyone has chosen a zone, invite participants to explain their choice to the rest of the group.
5. Encourage respectful listening and open discussion between the different groups.

Key points / Things to pay attention to

- There are no right or wrong answers.
- Encourage participants to choose the zone that best matches their main feeling, even if their experience was more nuanced.
- Allow the discussion to develop naturally while ensuring that every opinion is welcomed without judgement.

What it creates / Why it works

This method requires no preparation or equipment and can be implemented immediately after any activity. Because participants physically position themselves before speaking, it provides an instant visual overview of the group's experience and energy. It also encourages honest feedback while keeping the debrief focused, accessible and participatory.

Possible variations

Instead of sharing directly with the whole group, participants can first discuss their thoughts with the people standing in the same zone for two or three minutes. Each group then shares a short summary of its discussion with everyone.

Keywords / Themes : Debriefing, Collective reflection, Feedback, Evaluation, Group facilitation

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