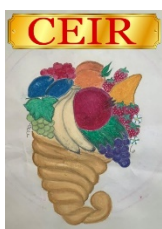




2.4.10 TRAINING MODULES

For Prison Inmates

Module's Titles: **Thinking before moving**



Summary

1- SUBJECT AND SCOPE	3
1.1 Main Subject	3
1.2 Target	4
2- OUTLINE OF THE PRACTICE.....	5
2.1 Description	5
2.2 Aim/goal.....	6
• Developing decision-making skills.	6
• Improve prisoners' ability to make informed decisions by considering consequences and planning ahead.	6
• Think critically and strategically before acting.....	6
• Stimulate cognitive skills such as foresight, analysis and problem-solving.....	6
• Helping inmates to manage impulses and emotions in decision-making.....	6
• Apply chess-based strategic thinking to real-life scenarios.....	6
2.3 Learning Outcomes.....	6
2.4 Training Approach	7
3- TOOLS	8
4- OBSERVATIONS	9
5. DISCLAIMER.....	10

1- SUBJECT AND SCOPE

1.1 Main Subject

'Think before you move' is a fundamental principle of chess that extends beyond the game itself, serving as a metaphor for strategic decision-making in a variety of life situations. It helps people consider the consequences and implications of their moves before executing them. In broader contexts, it encourages individuals to engage in deliberative thinking and strategic planning before making decisions.

In the game of chess, every move matters. Every move influences the dynamics of the game, affecting future positions and opportunities. Players are encouraged to analyse the chessboard, assess potential threats, anticipate their opponent's responses and strategically plan their moves.

Beyond the chessboard, 'Think Before You Move' encourages players to pause, reflect, and analyse results before making decisions. This approach helps problem-solving and promotes a more considered and strategic mindset in daily life.

'Think before you move' also helps to manage emotions and impulses. In chess, hasty decisions often lead to mistakes. Similarly, in life, impulsive actions can lead to unfavourable results. By taking a moment to consider your options and potential outcomes, you can better regulate your emotions, reducing the likelihood of making decisions driven by emotional reactions.

Main topic

The 'Think Before You Move' module focuses on the principle of weighting and strategic planning, both in chess and in life. The main topic is decision-making and the associated themes revolve around cognitive processes, foresight and consequences:

Themes developed in the Module:

1. Strategic decision-making:

- planning and considering potential outcomes before making a move.
- Evaluate options and anticipate consequences to make informed decisions.

2. Foresight and anticipation:

- foresight (future implications of current actions).
- Anticipating one's own strategies and those of the opponent.

3. Risk assessment and consequences:



- assessing the risks associated with different decisions.
- Weighing short-term benefits against long-term consequences.
- 4. Emotional regulation and impulse control:
 - managing emotions and impulses when faced with critical decisions.
 - to avoid impulsive moves and to make calculated decisions instead.
- 5. Adaptability and flexibility:
 - considering alternative plans based on changing situations.
 - Flexibility of decision-making strategies to cope with changing circumstances.
- 6. Learning from mistakes:
 - Identifying mistakes to avoid repeating them in the future.

1.2 Target

Primary beneficiaries: inmates. The main focus is on inmates within the prison. Encouraging thoughtful decision-making helps their personal growth, cognitive development and potential rehabilitation.

Secondary beneficiaries: prison educators or counsellors, trainers, teachers, counsellors or programme coordinators in the prison system.

2- OUTLINE OF THE PRACTICE

2.1 Description

Learning Unit 1: Introduction to Strategic Decision Making (Duration: 1 hour)

Interactive discussion (20 minutes):

- Introduction to the importance of strategic decision-making in chess and in life.
- Discussion on the impact of impulsive decisions and the advantages of thoughtful planning.

Chess-based scenario analysis (40 minutes):

- Chess scenarios with impulsive moves and thoughtful strategies.
- Group analysis on how different decisions influence the outcome of the game.

Learning unit 2: Practical application in chess (Duration: 2 hours)

Chess exercises (60 minutes):

- Session on chess scenarios in which the inmates apply the concept of 'Think before you move'.

Peer discussion and analysis (60 minutes):

- Small group discussions analysing one's own moves and those of others.
- Sharing information on decision-making processes and each other's strategies.

Learning Unit 3: Transfer of Skills to Real Life (Duration: 1 hour)

Role play in a real-life scenario (40 minutes):

- Role-playing exercises imitating real-life scenarios with decision-making processes.

Reflection and goal setting (20 minutes):

- Individual or group reflection on the application of strategic decision-making in personal life.
- Goal setting to implement 'Think Before You Move' outside the chess context.

Total duration: approx. 4 hours

The Module consists of 3 teaching units, each designed to introduce, apply and progressively reflect on the concept of strategic decision-making in the context of chess and its transferability to real-life situations. The duration allows for interactive sessions, practical exercises and reflective discussions to effectively reinforce the practice within a prison context.

2.2 Aim/goal

- Developing decision-making skills.
- Improve prisoners' ability to make informed decisions by considering consequences and planning ahead.
- Think critically and strategically before acting.
- Stimulate cognitive skills such as foresight, analysis and problem-solving.
- Helping inmates to manage impulses and emotions in decision-making.
- Apply chess-based strategic thinking to real-life scenarios.

2.3 Learning Outcomes

The success of the 'Think Before You Move' module in a prison context can be assessed on the basis of different learning outcomes and behavioural skills:

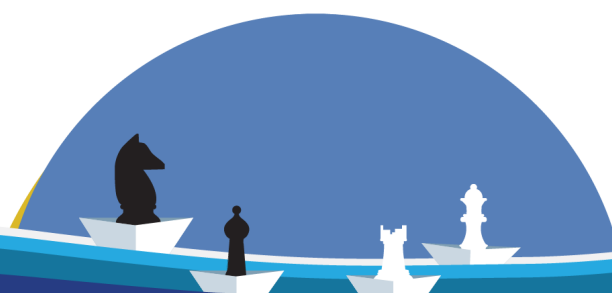
- Improved decision-making skills: Participants learn how to analyse situations, assess consequences and make informed decisions, applying this skill both in chess and in personal life.
- Improved strategic thinking: Development of strategic planning skills, considering short-term gains and long-term consequences, fostering better strategic thinking.
- Enhanced cognitive skills: Improved cognitive functions including problem solving, foresight, critical thinking and pattern recognition, contributing to mental agility.
- Emotional regulation and impulse control: Participants develop better control over emotions, learning to manage impulses and make more rational decisions.
- Real-life application of strategic thinking: Ability to transfer strategic decision-making skills learnt from chess to practical life situations, demonstrating adaptability and practicality.
- Behavioural skills: Participants learn to exercise patience and self-control by considering options and consequences before making decisions.
- Adaptability and Resilience: Participants develop adaptability by analysing and adapting strategies according to changing circumstances, fostering resilience.

- Collaboration and Communication: Participating in peer discussions and analysis promotes effective communication and collaborative problem-solving skills.

2.4 Training Approach

The module uses an interactive and experiential teaching methodology using chess as a medium.

- Interactive discussions: Involving inmates in discussions on decision-making, consequences and parallels between chess and life situations.
- Practical chess exercises: Prisoners actively participate in chess sessions, focusing on specific scenarios that encourage strategic thinking and future planning.
- Group analysis and reflection: After the game, group discussions allow inmates to analyse moves, share strategies and reflect on the consequences of different decisions.
- Role-playing in real-life scenarios: Applying concepts learnt from chess to practical scenarios, encouraging participants to consider the implications of decisions beyond the game.
- Peer learning and collaboration: Encourage inmates to learn from each other, promote collaboration and facilitate peer-to-peer analysis of decision-making.



3- TOOLS

The practical implementation of the 'Think Before You Move' module in a prison setting requires different tools and materials to facilitate effective learning and engagement:

Tools and materials:

- Chess and chessboards: essential for game sessions, they facilitate practical exercises to apply strategic decision-making.
- Writing materials: notebooks, pens or markers for participants to take notes, jot down strategies or analyse their moves.
- Visual aids: graphs, diagrams or posters illustrating decision-making processes, chess strategies or real-life scenarios for visual learning.
- Props (optional): objects or visual aids for role-playing exercises that simulate real-life scenarios in which decision-making is crucial.

4- OBSERVATIONS

The Module, delivered in a prison context, has significant potential to foster personal growth, cognitive development and rehabilitation of inmates. Its implementation involves a concerted effort, but its potential impact on the personal development and rehabilitation paths of prisoners makes it a valuable and worthwhile endeavour.

5.DISCLAIMER

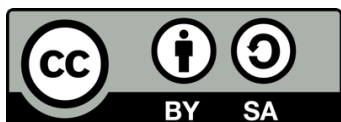
Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Authors

© May 2024 – Skill Up Srl, UniChess ssdl, INDEPCIE sca, Club Magic Extremadura Sport Club, Centre for Education and Innovation Research, Latvian Chess Federation

This publication was carried out with the financial support of the European Commission under Erasmus + Project “ICARUS – Including Chess As a Re-education Up-Skilling tool”, N. 2023-1-IT02-KA220-ADU-000152409.

Attribution, share in the same condition



(CC BY-SA) : You are free to Share- copy and redistribute the material in any medium or format and Adapt – remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms under the following terms:

Attribution: you must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggest the licensor endorses you or your use.

ShareAlike: If you remix, transform or build upon the material, you must distribute your contribution under the same license as the original.

No additional restrictions: you may not apply legal terms.