

Power, Peace, Poetry Women's Perspectives on Society's Divisions

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The below listed 3 activities are designed to put step by step into practice during a session of 90 minutes. All exercises, 1/ bodyscan – meditation, 2/ Automatic writing, 3/ (Mindful) taking photos, filming and making interviews, can also be applied as single ones.

What about the objectives? Mainly to stimulate the focus on an agreed topic (example: [public] spaces), to structure own thoughts and ideas referring to it via meditation, mindful writing, discussion. The photos or short videos might serve as material for further projects or activities.

Activity title	Bodyscan – meditation
Objectives	Help to relax, stop the carousel of thoughts, help to focus on the topic. Topic example: “space, my space, public space”
Materials	–
Time	6 –10 minutes
Group size	4 – 20
Instructions for trainers	<p>The Body Scan is a mindfulness exercise that covers the entire body. By consciously directing their attention in this way, participants succeed in adopting the posture of an observer and detach themselves from stress or (negative) thoughts - and achieve deep relaxation.</p> <p>Participants sit in a circle. An inspiration for a body scan is provided here. Include the topic in the meditation or body scan as well! “How do you feel in the room?” Can you feel the space around you?” What does “space” mean for you? And “space in public” or public space?</p>
Tips for trainers	If participants do not feel comfortable with the body scan, they do not have to close their eyes.

Activity title	Automatic writing
Objectives	Free association, getting new / more ideas about a topic, reflecting own and other ideas and feelings, developing new perspectives on a topic
Materials	Writing paper, pens
Time	15 –20 minutes
Group size	4 – 20
Information for trainers	Automatic writing means writing down without censorship or focusing. Unconscious feelings and thoughts were supposed to flow onto the paper through writing. Also, in surrealism and dadaism

	<p>writing freely without censorship or rules were considered an art form. It results usually in very original texts, about which the authors themselves are often surprised...</p> <p>Participants are fully "present" because they have no time to think about anything else whilst writing. They focus their awareness on a single activity/subject, they do not evaluate in this time. As well the exercise is designed to remember and to open to the topic of the project as comprehensively as possible.</p> <p>Some participants might think that they are not able to write or have problems to start writing. It is important to tell them that it is not at all about writing perfect texts, that it is a technique of reflecting about a topic. They do not need to present their sentences after the activity if it might be too private for them.</p>
Instruction	<p>The trainer and participants agree on a topic or question to write about. Alternatively, can the trainer set a topic / question like in our project "space, my space, public space".</p> <p>The participants are invited to write as fast as they can and write whatever is on their mind about the topic. If they are wondering what to write, they are writing about wondering what to write. They should not think about comma rules or unfinished sentences.</p> <p>The writing lasts seven (!) minutes. After reading their texts (2 minutes), the participants are requested to underline three sentences of their text, which are important for them or the topic (2 minutes). By reading their own text, the writers become aware of what they have been thinking. They have now one or two further minutes to choose one sentence they want to share with the group. One after the other share its sentence or word in the circle.</p> <p>To evaluate the exercise, the trainer asks to build pairs. The participants reflect and discuss what they have written. In doing so, they might listen to the other person and then summarize what she/he said. Each one has 2 to 3 minutes to tell the other person, what she/he said. There is then a break of 30 seconds / 1 minute to reflect; later on the other person summarizes what has been said. Both change afterwards. The trainer keeps an eye on the time.</p>
Debriefing and evaluation	<p>For group reflection after the activity take these questions into consideration: How was the writing process? How was it to share the sentence(s) in the group? Was there anything surprising or uncomfortable? What did you feel, what did you learn when reflecting in pairs and listening without commenting?</p>
Tips for trainers	<p>The writing process, the sharing of the sentence(s) / word should take place in a quiet, respectful, and safe atmosphere.</p>

Activity title	Taking photos, filming and making interviews
Objectives	Photos, which illustrate the topic, interviews
Materials	Smartphone, camera
Time	30 minutes
Group size	2
Instructions for trainers	<p>The exercises that build on each other can be carried out independently of each other, as listed above, but also serve here to change the perspective on the topic, to associate and reflect. Also, when photographing or filming, participants can approach the topic not only rationally but also artistically, finding other, expressive images that translate the results of automatic writing photographically or cinematically. More mindful photography can help to use photography as a means of expression of inner states, to train the concentration on the moment and to sharpen the ability to observe and find pictures for the topic.</p> <p>In best case, the two participants who evaluated the writing process before, would take photos together or / and interview each other. Some participants might not want to get interviewed. They could concentrate on taking photos or short films or could edit the interview with the recorder of the smartphone.</p>
Instructions for the participants	<p>Go to the object, the building, the store, the item that you associate with the subject (space). Maybe you will discover something completely different, which now fascinates you much more! Take your time to take the photos and / or film! Look at yourself with all serenity what you like! Change your perspectives! Move closer to your favorite object and move away again. From which do you like your discovery? What would you tell a friend, a relative, or a visitor about the object according to the topic (in our example [public] space)?</p> <p>If you want to have an interview with your partner, exercise what you want to say. Is the place and the perspective, o.k.? The interview should not be longer than 1 minute.</p>