



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

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This session was facilitated in hybrid situation.

Activity title	Meditation
Objectives	Short exercise to connect the group and to get the participants into the space of belonging, acceptance and creativity
Materials	-
Time	3 – 4 min.
Group size	4 – 20
Instructions for trainers	<p>The participants sit in a circle. The trainer invites all participants to sit comfortably and relax.</p> <p>Sit comfortably and relax...Let your hands settle on your lap....Close your eyes (or not) Feel the balance in your body.....Place two feet on the ground....Notice how the chair or floor supports you Breathe deeply.....Feel the breath.....Remember the breath as a resting place. Focus your attention on the breath as you breathe in...and out. Inhale through your nose for a count of 4. Hold your breath for a count of 7. Letting go completely through the mouth for a count of 8. Notice your breath each time in silence. Relax, when you are ready open your eyes.</p> <p>Online version: suitable for online version</p>
Debriefing and evaluation	How did you find meditation? Was it in any way helpful?
Tips for trainers	Some participants might not be comfortable with meditation or might have not ever tried it before. It's good to encourage them to try something new.

Activity title	I Believe, I Love, I Hope for...
Objectives	<ul style="list-style-type: none"> • to reflect on what it means being a woman today • to reconnect with personal dreams and aspirations • to create a space for sharing experiences • to use art as a tool of connection and reflection as well as a tool of self-expression
Materials	A 4 or A 3 pages, markers or paints
Time	1.30 minutes
Group size	4-20
Instructions for trainers	<p>Facilitator invites women to take a minute or two on their own to finish the following sentences:</p> <p>As a Woman today I believe... I love... I hope for...</p> <p>Participants are invited then to find a comfortable space in the room and express creatively what they have been thinking in response to the sentences.</p> <p>For the next 15 minutes they can draw or write; draw symbols or words; lines or shapes, or images, - whatever comes to mind,- express themselves in any way they want through different colors. Facilitators suggest the participants to do this alone, away from others. A nice meditative music can be played to support the process. Participants are encouraged not to think whether they are creative or not so that won't stop them and would allow the expression to come naturally.</p> <p>After 15 minutes – Facilitators suggest to the participants to take another minute or two to finish up – this is to allow participants to come out of the creative process slowly.</p> <p>Small groups – facilitators invite the participants to form small groups of 3-4 people. In the groups, participants were invited to share their reflections on the process. They are invited to share as much or as little as they feel comfortable sharing – 20 mins.</p> <p>Large group. Welcome back to the large group. Facilitators are inviting the group to hear how it was to do the exercise or share anything else they wish to share. - up to 20 mins</p>
Debriefing and evaluation	How did you find the exercise? Was it in any way helpful?
Tips for trainers	The questions and the creative process may bring deep traumatic

experiences for the women. The facilitators must be mindful of this possibility and should create a safe space for the conversation. They should guide participants through the process – to make the process flow, and the space to be inviting and supportive for the participants to gain a full benefit of this exercise.