



# Participation

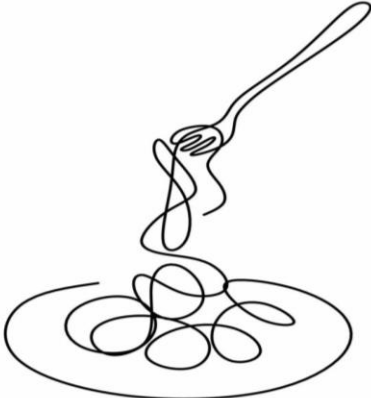


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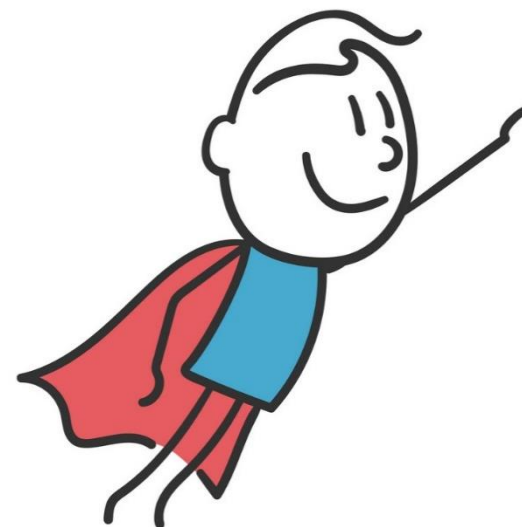
**Purpose:** To increase participants understanding of self and what influences our feelings, thoughts, and actions.

**Participant learning objectives:**

1. Understand our feelings and thoughts, and how these impact our decisions/ behaviour
2. Increase awareness of what we care about
3. Understand factors which influence our identity

CONTENT	METHODS/ RESOURCES <i>Slides 45-53 can assist with this session.</i>	APPROX. TIME
<p><b>What is Self-Awareness?</b></p>	<p><b>Resources:</b>            Flipchart            Markers</p> <p>Begin by asking participants to name a person they spend most of their time with. They will likely say a friend, a family member etc.</p> <p>Tell them that the person we spend most of our time with is actually ourselves. We are with ourselves 24 hours a day, 7 days a week, yet we most likely still have a lot to learn about ourselves, what makes us who we are, and what we truly care about.</p>	<p>10 minutes</p>
<p><b>PASTA check-in</b></p>	<p>A starting point to understanding ourselves, is recognising how we are feeling at this very moment in time. Explain to participants that the PASTA acronym can be used at any time, and may be particularly useful when feeling a bit unsure about something, overwhelmed or anxious.</p> <p>Create a relaxing and calm space for participants. Ask them to:</p> <p>P – Pause and breathe for a moment.            A – Ask yourself how you feel            S – Say the emotion words out loud or write them on paper            T – Think about your feelings. Sit with them and let them be            A – Ask yourself what you need. Say or list what or who could help you move forward.</p>	

	<p><b>Debrief:</b> Did participants find this useful? Were they surprised about how they were feeling? Encourage participants to practise this every day. They will gradually become more self-aware of how they are feeling which will help them to react and respond more appropriately. Re-iterate that it is perfectly normal to feel a whole range of emotions – it is human nature!</p>	
<p><b>Introduce Yourself Activity</b></p>	<p>This activity will help participants increase self-awareness; helping them to understand what they care about and how they view themselves. Split participants into pairs and ask them, in turn, to tell their partner:</p> <p>I am... I like... I believe... I think...</p> <p>Ask them to be as descriptive and creative as possible! Ask for some volunteers to feed back to the rest of the group.</p>	15 minutes
<p><b>This or That</b></p>	<p>This activity will allow participants to analyse how their values influence the decisions they make. Explain to participants that they will be presented with a series of choices. Depending on what they choose and where you point, they should either stand up or remain seated. Demonstrate how this will work e.g., if you pick X stand up, if you pick Y sit-down.</p> <p>Begin with simple choices and move to more difficult ones, e.g.,</p> <p>Would you rather...</p> <p>Be Batman or Spiderman? Eat pizza or Chinese food? Wear clothes with patterns or without patterns? Be on stage or in the audience? Have a rewind button or a pause button? Go back into the past or go into the future? Be an athlete or an artist? Spend time with your family or with your friends? Work with others or work on something alone? Be healthy but poor, or sick but very rich? More time or more money? Always say everything on your mind or never speak again? Stop war or end world hunger?</p> <p><b>Debrief:</b> Ask participants if they thought the choices became harder towards the end. Invite volunteers to give examples of choices that they found hard to make. Encourage them to explain why these choices were difficult, and to describe how they finally made a decision. Point out that people make decisions every day. Many decisions are easy to make and seem unimportant. But sometimes the decisions are more difficult, and</p>	20 minutes



	they require more thought. Explain that what is important to us, or what we value, influences the decisions and choices we make. Tell participants that for this reason, it's necessary for each person to know what he or she considers to be important. Knowing what we value allows us to make choices with which we are comfortable.	
<b>Show and Tell</b>	<p><b>Resources:</b>  <a href="#">Laptop &amp; Projector (optional)</a>  <a href="#">Flipchart/ Pages</a>  <a href="#">Markers/ Pens</a></p> <p>This activity will allow participants to pick and explore something they value, or that they are passionate about. Show and tell uses many skills such as planning and communication (planning what you will say, speaking clearly, organising your thoughts and conveying the main ideas, answering questions from the audience), but it is also encourages people to listen and respect what other people say and their values.</p> <p>Provide participants with the following instructions:</p> <ul style="list-style-type: none"> <li>• You will have 15 minutes to think of a place, person or thing that you value. This will likely be very important to you or something that you are passionate about.</li> <li>• You will each have three minutes to talk about this place, person or thing to the rest of the group.</li> <li>• Tell them the key facts about it, but also why you have chosen this person, place or thing/ why it is important to you.</li> <li>• Draw a picture of your chosen item to showcase to the rest of the group (if you have a picture on your phone or the item with you, you can show this).</li> <li>• The rest of the group have two minutes to ask questions about the item.</li> </ul> <p>Remind participants of the importance of being respectful. It might be also useful to re-cap on all those effective communication skills they learned in session three (slide 25).</p> <p><b>Debrief:</b> Was it hard/ easy to pick a topic? Did you learn more about other people's interests or passions? Did you learn anything new about yourself and what is important to you?</p>	90 minutes
<b>Good Vibes</b>	Finish off this week's learning by highlighting that all the things we have learnt today about who we are and what we care about, have an impact on those around us and the environment in which we live. Remind participants that an important part of being self-aware, is the ability to understand how our beliefs and behaviours affect those around us. Ask participants to brainstorm some examples (these can be personal examples, examples from movies etc.).	15 minutes
<b>Check-Out/ Evaluation</b>	<p><b>Resources:</b>  <a href="#">Informal evaluation ideas</a></p> <p>Choose an activity from the list provided.</p>	10 minutes