

Workshop 1: "My unique self"

1. Introduction/Duration 10'

Plenary/round: Introductions and reference to the objectives of the workshop.

2. Activity 1 "Have you ever ...?"/duration 15'

The trainer explains that they will read different things that are true or not true for each person. If the item is true for someone, then they run to the center/middle of the room, jump in the air and do a high-five with their palm to whoever else ran to the middle for the same reason.

At the end they are invited to say how they felt.

Here is a proposed list of statements:

"Have you ever"

1. Have you ever climbed the Himalayas/Olympus/the highest mountain in your home country?
2. Have you ever fallen off a bicycle?
3. Have you ever lived abroad for more than 1 year?
4. Have you ever sung karaoke?
5. Have you ever gone more than 2 weeks without showering?
6. Do you have a brother and sister?
7. Have you ever ridden a horse?
8. Have you ever eaten frogs?
9. Have you ever loved your dentist?
10. Have you ever spoken 3 or more languages?
11. Have you ever fallen in love with someone who was a vegetarian?
12. Have you ever swum in an ocean?
13. Have you ever been in a show?
14. Have you ever broken any bones in your body?
15. Have you ever done any volunteer work?
16. Have you ever climbed a tree?
17. Have you ever had a relative who lived past 100?
18. Have you ever cooked a meal by yourself for more than 20 people?
19. Have you ever had a pet?

20. Have you ever had a nickname?
21. Have you ever skydived or bungee jumped?
22. Have you ever seen a bear?
23. Have you ever blushed from shyness/shame?

3. Activity 2 "The tree of my life"/duration 50'.

The instructor gives an introduction about trees, their individual elements, their properties, their characteristics, how they are connected to each other in forests.

Then invites everyone to start drawing their own tree on A4 paper, starting from the roots and moving on to the trunk, branches, leaves, flowers, fruits.

On each of these they place elements of themselves as follows:

- Roots: Evidence of his/her ancestry and family history; the people who have helped him/her the most, loved him/her and influenced him/her positively in life or taught him/her useful things; favourite places/things/songs.
- The ground: it is the now of his life. Where he lives and some of the activities he has in his daily life.
- The core: skills, abilities in physical and social activities.
- The branches: His hopes, dreams and desires that he has for the direction of his life and for others, children, youth and adults and for his community. How has he managed to hold on to these hopes (perhaps under difficult circumstances)?
- Leaves: The people (living or dead) who are important to his life. How have they influenced it?
- The fruits: gifts they have received and given, gifts not only material but also emotional gifts, achievements, etc.
- Flowers: What makes him special, his strengths/strengths.
- Thorns: Challenges, threats and difficulties.

4. Small group discussion / duration 20 minutes

Divide into groups of four, first pairs and then join into groups of four, based on the greatest familiarity between students. They share what surprised them, moved them, made them proud, what emotions they felt.

They write a short paragraph to share in plenary.

5. Plenary/cycle/duration 20 minutes.

In plenary each small group presents what they have written and they close by saying one feeling each.

Workshop 2: My unique self among others

1. Introduction/Duration 20'

Plenary/round: invited to talk about their thoughts after the formulation The participants are invited to reflect on their thoughts after they have created their "Tree", if it helped them in any way or any other comments they would like to make.

2. Activity 1: "The Forest of Life"/duration 50'.

Each person is asked to post their "Tree" on the wall and talk about it, the its history, its favourite songs and stories. When they do so, everyone is invited to to talk about the similarities and differences between their "Trees" and how they support each other in the forest.

3. Activity 2 "When the crisis comes"/duration20'

Small groups: In the small groups of the previous workshop they discuss:

- What are the trees really endangered by?
- What do they do to protect themselves from danger?
- What do animals do to protect themselves from danger?
- Are there things they themselves can do to react to their own dangers and crises?
- Are there things they are already doing?

They write a short paragraph to share in plenary.

4. Plenary/cycle/duration 10 minutes

Each small group presents what they have written.