

## Overview of additional workshops

Workshop and number	Theme
A. Learning to listen	Promoting positive listening and stimulating cooperation and concentration
B. Something about me	Encouraging self-reflection, recognition of strengths and building of self-esteem and confidence
C. Working together	Encouraging mutual respect, trust and group cooperation
F1. My future	Visualizing dreams and hopes for the future and identifying goals to achieve them
F2. Our future	Exploring how children can help make their community a better place

## Workshop A: Learning to listen

Name of activity	Aim of activity	Time	Resources needed	Notes
A.1. Recap, feedback and introduction	To recap last workshop, give feedback on evaluation and introduce the aim of today's workshop.	5		
A.2. Listen carefully	To promote positive listening.	60	Space for the children to stand in two circles facing each other, and afterwards for them to work in smaller groups Paper and pens Flipchart paper and marker	Use materials from previous workshops
A.3. The mirror game	To stimulate cooperation and concentration.	15	Space	
A.4. Our song	To end the day's activities with the group's chosen song.	5		
8.1. Workshop evaluation	To assess how the children felt about the day's workshop.	5	Paper Writing materials Flipchart with smiley faces	Notes about smiley faces evaluation are in workshop 1

## Workshop B: Something about me

Name of activity	Aim of activity	Time	Resources needed
B.1. Recap, feedback and introduction	To recap last workshop, give feedback on evaluation and introduce the aim of today's workshop.	5	
B.2. Nobody knows what I can do	To build self-esteem and confidence by sharing personal information with others. To strengthen group cohesiveness and respect by listening carefully and concentrating on what others are saying.	25	Space for two circles
B.3. Personal flag	To enable self-expression and creativity and promote self-worth and confidence.	40	Painting and drawing paper Coloured markers Pencils Crayons (50) Glitter (2 tubes) Glue (3 tubes) Paint (25, non toxic, water soluble if possible) Fabric (2 -3 yards/m) Scissors (3 sets) Old magazines or newspapers (about 30)
B.4. Working together	To encourage observation, awareness of and respect for one another and concentration.	10	Straight sticks (about the length of a pencil) or pens with a lid - one for each child
B.5. Our song	To end the day's activities with the group's chosen song.	5	
B.6. Workshop evaluation	To assess how the children felt about the day's workshop.	5	Paper Writing materials Flipchart with smiley faces

## Workshop C: Supporting each other

Name of activity	Aim of activity	Time	Resources needed	Notes
C.1. Recap, feedback and introduction	To recap last workshop, give feedback on evaluation and introduce the aim of today's workshop.	5		
C.2. Wandering rings	To encourage cooperation, team spirit, group-cohesion and self-esteem through overcoming obstacles.	30	2 hula-hoops or a length of rope 1.5 yards/m long and tied in a circle Space for physical movement	Hula-hoops might not be available. Use more rope instead – about 3 yards/m
C.3. What we have in common	To encourage the children to realise that they have a lot in common and can support each other through tough times, even though they are unique and different from each other.	30	Space for a big circle	
C.4. United we stand	To encourage cooperation and energize the children.	15	Space	
C.5. Our song	To end the day's activities with the group's chosen song.	5		
C.6. Workshop evaluation	To assess how the children felt about the day's workshop.	5	Paper Writing materials Flipchart with smiley faces	

## Workshop F1: My future

Name of activity	Aim of activity	Time	Resources	Notes
F1.1. Recap, feedback and introduction	To recap last workshop, give feedback on evaluation and introduce the aim of today's workshop.	5		
F1.2. Project of life	To encourage the children to think about what they want to do with their life in the future.	20	Paper Pens Pencils Crayons (50)	Use the materials from the previous workshops
F1.3. The train of silly walks	To energize the children.	5		
F1.4. Visualization of the future	To encourage the children to identify goals that they are going to strive for and reflect on what they need to reach them.	40	Flipchart paper Old magazines Scissors (3 sets) Glue (3) Tape (3)	
F1.5. Our song: Performance	To sing a song that all children are familiar with and that encourages a sense of belonging and cultural pride.	5		
F1.6. Evaluation and reflection on the workshop series	For children to evaluate the workshop and reflect on the entire workshop series.	15	Paper Writing materials Flipchart with smiley faces	

## Workshop F2: Our future

Name of activity	Aim of activity	Time	Resources	Notes
F2.1. Recap, feedback and introduction	To recap last workshop, give feedback on evaluation and introduce the aim of today's workshop.	5		
F2.2. The shrinking sheet	To encourage group cooperation and problem-solving skills.	15	A large blanket or sheet	4 x 5 yards/m - a piece of plastic sheeting or a cheap blanket will do
Our community	To revisit the earlier activity of 'our community' and discuss ways forward for children to improve their community and to support each other.	40	Community maps and flipcharts from activity 3. 5: 'Our community.' Flipchart paper Pens or pencils	Use materials from the previous workshops
F2.3. What I like about you	To encourage peer support and appreciation.	10	Paper A hat or a box to put the papers in	A used cardboard box will do
F2.4. Our song: Performance	To sing a song that all children are familiar with and that encourages a sense of belonging and cultural pride.	5		
F2.5. Evaluation and reflection on workshop series	For children to evaluate the workshop and reflect on the entire workshop series.	15	Paper Writing materials Flipchart with smiley faces	