

Wings

Wings - is a practice that aims to raise awareness of participants' strengths which help them to achieve their dreams. The idea is to find participants' `wings`: to inspire and motivate them.



Inclusion And Diversity



Still image



20-30



12-20 participants (work in pairs)



Computer/phone



Participants will use a Jam Board on a computer/phone.
<https://jamboard.google.com>



#1 Explanation and individual work - 20 minutes
#2 Explanation - 10 minutes
#3 Explanation and work in pairs - 30 minutes
#4 Debriefing and Reflection - 30 minutes



YOU.TH. Manual for youth workers - 3.3 Theatre Methodologies - Still Image

<https://youth-theatre.eu/>



<https://youth-theatre.eu/>



It is an activity that can be performed both outdoors and indoors depending on the needs of your group.

You can decide to distribute chairs in a circle initially, which will then be redistributed among the work in pairs.

For this activity, it is important that all participants have access to the Internet in order to enter the Jam Board.

Implementation:

#1 Explanation and individual work - 20 minutes

Explain to participants how to use the Jam board. Let them create an individual board with their name in the center. Ask participants to write on the board 3 their own achievements (wins), of which they're proud.

#2 Explanation - 10 minutes

Ask participants to write for each of the achievements:

- which strength helped them to reach this
- which emotions did they feel on the way and after the achievement
- what are the results of achievements
- what are the gifts of achievements for them and for other (results which they can't count: feelings, relations, etc.)

#3 Work in pairs - 30 minutes

- (15 minutes)

Participants are divided into pairs and share their achievements and descriptions.

- (15 minutes)

One participant of each pair should find an associated word with a partner's story, and reproduce this word with the body of the other participant (still image practice).

All the pairs work at the same moment.

After 2 minutes, everybody looks at all the sculptures created by the pairs, each creator says the word they are representing, and other participants can observe the statues.

2nd round - the other partner who was a statue - becomes a creator.

#4 Debriefing and Reflection - 30 minutes

Circle Up: After completing the activity, have all participants form a circle to create a sense of unity and inclusivity.

Express Gratitude: Start the debriefing by expressing gratitude to the participants for their openness and willingness to share their achievements and strengths.

Acknowledge the vulnerability it took to participate.

Reflect on the Activity (follows instructions)

Instructions for debriefing:

Begin by asking participants how the activity made them feel and what thoughts or emotions it brought up. Encourage them to share their initial reactions.

Strengths Recognition:

Ask participants to share their thoughts on recognizing their own strengths during the activity. What strengths did they identify within themselves? Were there any surprises?

Peer Recognition:

Discuss the experience of having a partner recognize and describe their strengths. How did it feel to hear someone else acknowledge their strengths? Did it provide a different perspective?

Body Sculptures:

Explore the "body sculptures" exercise. Ask participants how it felt to physically represent someone else's story and how it felt to have their story represented by their partner. Did it add a new dimension to their understanding of their achievements and strengths?

Achievements and Results:

Encourage participants to reflect on the achievements they shared. Did discussing their achievements and the associated strengths, emotions, and results provide new insights or perspectives on their goals and dreams?

Gifts and Impact:

Discuss the concept of "gifts of achievements" for both themselves and others. What did they discover about the impact of their achievements beyond the tangible results (e.g., feelings, relationships, personal growth)?

Sharing Feelings:

Invite participants to share any additional thoughts or feelings that emerged during the activity or as a result of discussing their achievements and strengths.

Instructions for debriefing:

Key Takeaways:

Ask participants to identify one or two key takeaways from the activity. What lessons or realizations will they carry with them?

Action Planning:

Encourage participants to consider how they can apply the insights gained from this activity to their future goals and dreams. Are there specific actions they can take to leverage their strengths?

Closing Thoughts:

End the debriefing session by summarizing the key points discussed and thanking participants for their contributions. Reiterate the importance of recognizing and utilizing their strengths to achieve their dreams.

Remember to foster a supportive and non-judgmental atmosphere during the debriefing, allowing participants to share their thoughts and feelings openly. The goal is to help participants gain deeper self-awareness and insights that they can carry forward in their personal and professional journeys.

Tips and notes to the facilitator:

Facilitating the "Wings" activity can be a powerful way to help participants recognize their strengths and achieve their dreams. Here are some tips for facilitators, along with potential difficulties that may arise during the activity.

Prepare the Materials: Ensure that you have all the necessary materials ready, including Jam boards, markers, and a space for participants to work in pairs.

Difficulty with Technology: Not all participants may be familiar with Jam boards or digital tools. Offer a brief tutorial at the beginning and provide assistance to those who need it.

Number of participants: It's important to work with a number of participants that allow the creation of pairs; in case, the facilitator can join.

Adapt to Participants' Needs: Be flexible and ready to adapt the activity based on the needs and dynamics of the group. Some participants may require more support or time for certain parts of the activity.

Create a Safe and Inclusive Environment: Establish ground rules for the session that emphasize respect, active listening, and a non-judgmental atmosphere. Encourage participants to be open and supportive of each other. It can be more or less comfortable for participants to recognise and share their strengths and achievements; this activity will help them to develop self-awareness and self-confidence.

Physical contact: At the beginning of the activity, it's important to check if all the participants feel comfortable with the physical contact, if not you can explain to the participants that in order to create the statue, they can also vocalise the instructions.

Emotional Responses: Sharing personal achievements and strengths can evoke strong emotions. Be prepared to provide emotional support and encourage participants to express their feelings openly.

Cultural Sensitivity: Be aware of potential cultural differences in how participants approach self-reflection and sharing personal experiences. Create a culturally sensitive environment that respects diverse perspectives.
