

Scenarios produced by the participants

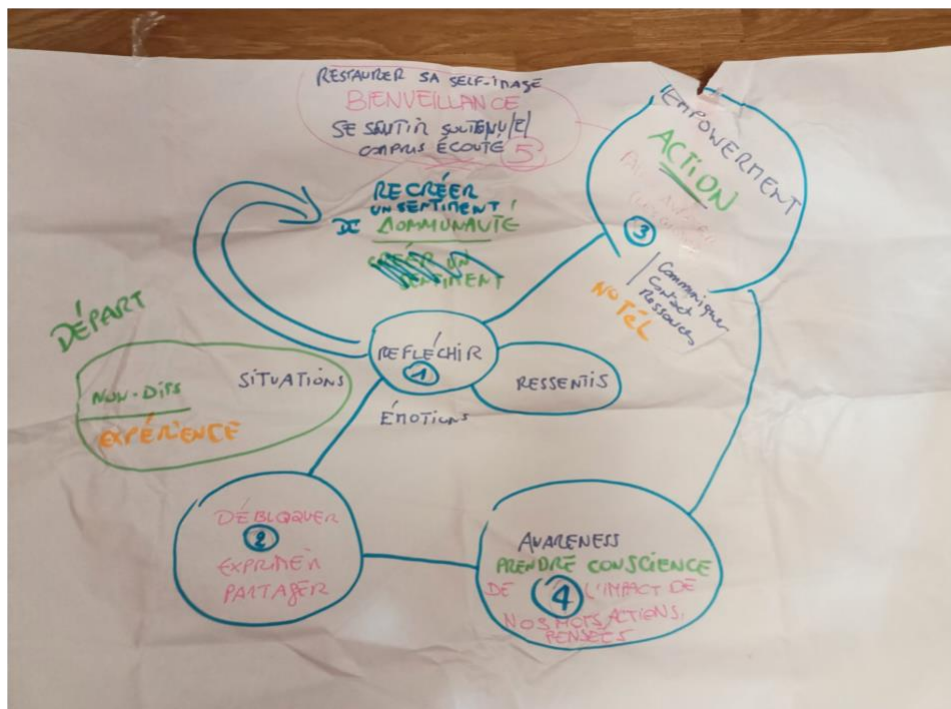
Option "RESTORE YOUR SELF-IMAGE"

5 steps:

1. REFLECT/HOW DID YOU FEEL IN THIS SITUATION
2. SHARE, EXPRESS
3. ACTION- contact resources
4. BUILDING AWARENESS
5. RESTORE THE SELF-IMAGE: FEELING LISTENED TO, SUPPORTED

DESCRIPTION: Individual exercise in which every student would do the 4 steps. "We have a voyage for you and we propose 5 steps":

*SEE VIDEO



Option "Map of Emotions"

Setting:

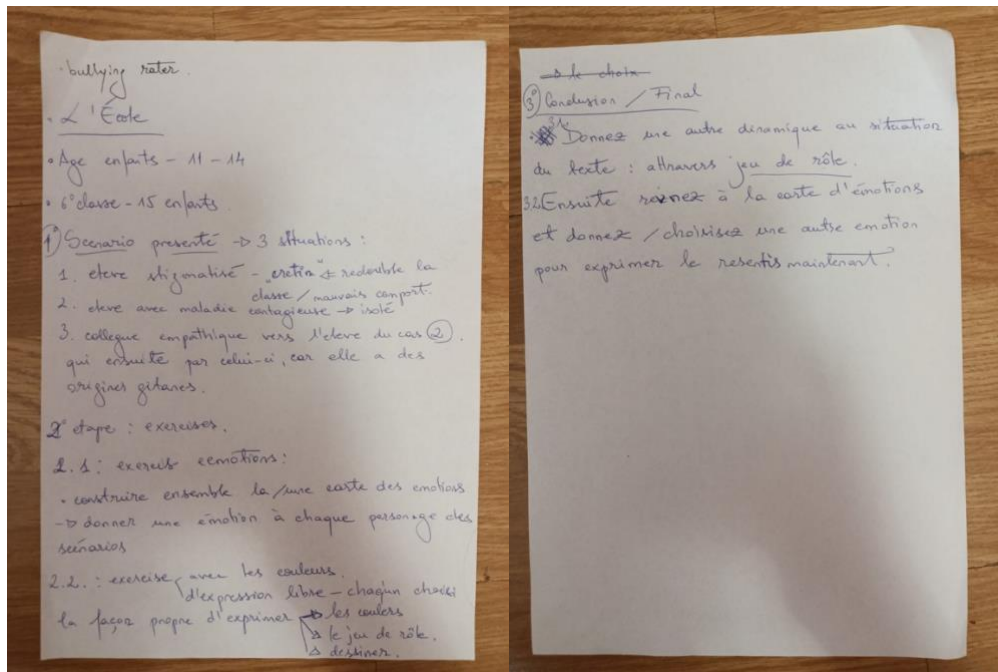
1. the students receive three scenarios (one in which the student is stigmatized, the colleagues call him names (stupid); one in which the student is suffering from an illness; one in which the student has roots origins). The student with roots origins is very

empathetic towards the student who suffers from an illness, but the colleague is rejecting her/him. The students are part of the same group.

2. Exercises: build a "map of emotions". Give an emotion to each of the scenarios proposed. Give a color to each of the scenarios. Also use roleplay, etc.

3. Change the dynamic of each situation: give it a positive note.

4. Map of emotions: choose a positive emotion for each situation.

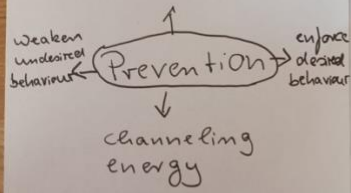


Option: "SUPERPOWER"

"What's your neighbour's superpower" - in what way he or she could save the world?

*avoid assigning labels by giving them ready-made scenarios with bullying situations.

Finding strengths



What is
your neighbour's
superpower
with which he /
she can save the
world?

How could your
powers save the
world?