



## E-WISEE LAB

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| <b>Name of activity</b>                           | <b>I hear my body – I feel myself</b>  |
| <b>Description of activity</b>                    | The activities "I Hear My Body" and "I Feel Myself" are designed to facilitate introspection and self-expression within a supportive group setting. Participants are encouraged to connect with their bodies through mindfulness, deep breathing, and a non-judgmental approach. Through the process of creating life-size body prints and expressing their inner experiences using various artistic tools, individuals are given a platform to explore their physical and emotional states.   |
| <b>Who are the participants?</b>                  | This activity is foreseen to strengthen Youth Workers, skills such as self-awareness, self-focus, empathy, effective communication   |
| <b>Identification of the aims of the activity</b> | To develop each YW's self-awareness and focus on themselves as a requirement for cultivating empathy and effective communication   |
| <b>Number of participants</b>                     | 10   |
| <b>Duration</b>                                   | 2 hours  |
| <b>Materials for the activity</b>                 | Large pieces of paper in human body dimensions, paintbrushes, paint, markers, adhesive tape (in the "I feel myself" stage)   |
| <b>Identification of the competencies</b>         | Self-awareness; Self-focus; Empathy; Effective communication   |
| <b>Activity Steps</b>                             | <p><b>I hear my body</b></p> <ul style="list-style-type: none"> <li>- Stage 1 (10'):</li> </ul> <p>The facilitator gives the following instructions.</p> <p>..I suggest sitting comfortably, with your feet on the floor and your eyes closed. Watch your breathing without trying to change it. Just stay close to her, keep her company. Now feel your lungs. Follow the air as it comes down into the abdomen, continuing down to the base of the coccyx. It goes through your body, up into your lungs again, down your throat, out your nose, out your mouth... Feel your body...</p> <p>How do you feel about it right now?</p> <p>Is there any part of your body that speaks to you?</p> <p>That takes over your thoughts?</p> <p>What disturbs you?</p> <p>Don't try to change anything, stay close to it.</p> <p>Support it.</p> <p>Now go back to your breath, stay in it and watch it.</p> <p>Slowly open your eyes."</p> |

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|                          | <p>- Stage 2 (10'):<br/>"Who would like to share how they felt?"</p> <p><b>I feel myself</b></p> <p>- Stage 1 (30'):<br/>The facilitator gives the following instructions.<br/>"I suggest we paint ourselves life-size.<br/>We will help each other make our body print by lying down on the paper.<br/>We'll cut out the outline.<br/>Then we will draw on top of ourselves as we feel in the moment, capturing what is going on inside of us physically and mentally.</p> <p>- Stage 2 (60'):<br/>"Let's exhibit our works. Then each of us will present what we have made and we will discuss."</p>  |
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Source: Archontaki Z. & Filippou D., 205 experiential exercises for animation of psychotherapy groups, social work, training. (2010). Athens: Kastanioti