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E-WISEE LAB

Name of activity	The Path
Description of activity	In this online workshop, participants visualize their life paths, and then paint and discuss their journeys in pairs. They share their artwork with the group and articulate their aspirations. The session concludes with a reflective group discussion on the activity.
Who are the participants?	This activity is foreseen to strengthen Youth Workers, skills such as Self-awareness, Self focus, Effective communication, Creativity and Imagination, Empathy.
Identification of the aims of the activity	To develop self-awareness as a requirement for effective communication skills and empathy.
Number of participants	10-20
Duration	Session: apex 2 hours
Materials for the activity	Large pieces of paper, colorful markers, adhesive tape.
Identification of the competencies	Self-awareness Self focus Effective communication Creativity and Imagination Empathy
Workshop Steps Online	<p>The specific activity is intended to be implemented with the assistance of a communication platform (e.g. Zoom).</p> <p>Stage 1 (5'): The group meet online through a communication platform. The facilitator gives the following instructions: "Close your eyes and picture your life as a path. How far behind can you see into this path? How is its shape? Are there any narrow, steep or straight points?"</p> <p>Stage 2 (20'): The participants open their eyes and the facilitator instructs them to paint this path from the beginning of their lives until today. They are allowed to add signs, symbols, personal designs or words to mark and highlight the most important events.</p> <p>Stage 3 (30'): The group is divided into pairs with the assistance of digital breakout rooms function. Each pair takes 10 minutes in order to discuss their drawings. Afterwards they can have another 10 minutes to talk freely.</p>

	<p>Stage 4 (15'): The group is again as a whole. The facilitator suggests each one to show their drawing of their path and say if the path continued, where they would like to go.</p> <p>Stage 5 (20'): The group discusses and reflects on the activity.</p>
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