

## WORKSHOP DESCRIPTION

**Title:** LGBTQIA+: “Let's engage in order to change”

**Topic:** LGBTQIA+ Community

**Number of the participants:** 12 (but can be adaptable depending on the number of words you choose for the main exercise)

**Duration:** 40 minutes (also adaptable depending on the number of definitions given to the participants as well as how in-depth you want your explanation to be)

### Aims:

- Create awareness
- Promote diversity and respect
- Foster engagement
- Increase empathy towards uniqueness of personalities

### Concrete Objectives:

- Define the related terms
- Provide space for sharing experiences

## Summary of the Workshop:

This workshop aims to explain to its participants the different terminology associated with the LGBTQIA+ community. We have participants associate symbols, drawing, words and definitions and work together to find their meanings and connect them all. At the end, we want to make a visual representation of why it's important to share our experiences and views and to stay connected.

## Description of the activities

- Introduction (10 minutes)
  - Introduction/energizer- “The game is simple to play; one person in the middle starts by saying “Great wind blows for everyone who...” and then says any characteristic that is true for that person. For example, if the person has been to Canada before, he or she can say: “Great wind blows for everyone who has been to Canada.” All players who have been to Canada before must stand and quickly find a new seat that is more than two (2) chairs away from them. If the player is not able to find a vacant seat, he or she is the new person who is in the middle”<sup>1</sup>. It’s ideal if the facilitators participate and at the end, they try to be the ones that end up in the middle to they can start introducing LGBTQIA+ questions such as “Great Wind Blows for everyone that attended a pride parade” or “Great Wind Blows for everyone that watched a LGBTQIA+ movie/tv show in the last 6 months”. This allows the facilitators to introduce the topic, check if the participants are familiar with it and if they are aware and have some knowledge, as well.
- Activities (20 minutes)

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<sup>1</sup> “Great Wind Blows - Fun Icebreaker Ideas & Activities.” *Icebreakers.ws*, <https://icebreakers.ws/medium-group/great-wind-blows.html>. Accessed 27 March 2024.

- According to the number of participants, half definitions<sup>2</sup>/half drawing symbols are related to the LGBTQIA+ community. For example, have the trans symbol and a definition of trans, have a drawing representing gay and a definition and the participant have to try to find their matching pair. Then, with a pre-prepared flipchart, we glue the drawing and definition next to the names and as we lay/glue them down we explain what each one of them is.
- We use the terms:
  - Queer
  - Intersex
  - Bisexual
  - Trans
  - Gay/Lesbian
  - Straight
  - Non Binary
- It is important to ask questions as you glue the drawing/definition next to the name, such as: “Have you heard this before and if yes where?” and let the participants try to explain each term so it is also engaging and they can learn from each other
- You can also do this with flags, it might work but it requires more knowledge and preparation.
- At the end, we present “The Progress Pride flag”<sup>3</sup> and explain what each thing/color represents. In this way, the participants get more familiar with the different colors/flags and what each and every of them means.



- Presenting this flag, due to the brown and black stripes, it's also a great opportunity to touch on intersectionality within the LGBTQIA+ community.
- evaluation (10 minutes)
  - Everyone goes back in a circle and one person (better if it is a facilitator), holding a ball of yarn, starts to say how they felt, what they learned and why they think it's important to touch on this topic, create connection and understand this topic. When they finish, they throw the ball of yarn to another person, but they keep holding a string. The next person also answers the same question and shares their input. Afterwards, he/she throws the ball while holding a little bit of the string, and so on, until everyone has a chance to participate and share. This creates a “web”

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<sup>2</sup> This website might be useful to find the definitions <https://www.queerevents.ca/queer-resources/queer-dictionary>

<sup>3</sup> Resnick, Ariane. “What Do the Colors of the New Pride Flag Mean?” *Verywell Mind*, 13 June 2023, <https://www.verywellmind.com/what-the-colors-of-the-new-pride-flag-mean-5189173>. Accessed 28 March 2024

where everyone in the circle is connected to represent the importance of sharing and connecting.

- At the end, someone (ideally a facilitator) cuts the strings and separates the participants, but each of them keeps a string of the web to remember the importance of staying connected.

**Material needed:**

- Pre-prepared small pieces of paper with the drawing and definitions
- A flipchart with the names and space next to them to glue the drawing and definitions
- Glue or tape
- A circle with chairs for the energizer
- Ball of yarn/string
- A scissor

**Name of the facilitators:**

- **Beatriz Pedroso (PT)**
- **Antonio (IT)**
- **Sofianos (GR)**
- **Lila (GR)**



Participants matching the drawing to the definition and the name



Participants at the end activity (evaluation) creating a web and sharing their experiences

## Workshop “Main Character Energy”

Topic: Self-Reflection

Number of participants: 11

Duration: 35/40 minutes

Aims: (a) Encourage self-discovery, (b) foster artistic-expression, (c) inspire self-acceptance, (d) promote well-being

Concrete objectives: Draw a self-portrait and identify strengths/weaknesses

Summary: This workshop has the goal of promoting self-discovery through artistic expression. In a first phase participants will be drawing their portrait and then asked to select their main “positive/negative” characteristics. The energizer and a final exercise (if there is spare time) are expected to boost mobility, relaxation and mindfulness.

Description of activities:

**Energizer - Yoga class** (5 to 7 minutes). Space organization: empty space (no chairs or obstacles) inside or outside (preferably outside). Materials: phone for taking photos and playing music as well as a speaker. Description: participants are asked to stand with some space between each other and a facilitator (Nikolas) will guide them through some yoga breathing and grounding exercises (inhale, exhale some times), stretching poses (stretching arms, legs, neck, back) and some balance poses (e.g.: airplane pose).



Following the energizer, the facilitators and participants rearrange the space to create a circle with chairs where they will sit.

### Main activities

Space organization: circle of chairs. Materials: a previously prepared by facilitators A4 sheet folded in half (creating 4 pages) will be given to each participant. This sheet will contain 2 post-its of different colours on page number 2. Colourful markers, pens and pencils will be available on the floor in the centre of the chair circle. Phone/speaker for music.

- 1) **Drawing a self-portrait** (10 minutes for drawing + 3/4 for sharing). Description: facilitator (Alex) will ask participants to draw a self-portrait on the first page of the 4 pages sheet each participant possesses. The instruction is to not give too much thought over it and draw whatever comes to mind. Participants are told they can sit/lie on the floor to draw, whatever feels more comfortable to them. When 2 minutes are left to finish the 10 minutes participants are informed.

Afterwards the facilitator asks participants to sit in the circle but on the floor and asks who wants to share how the activity was for them.

- 2) **Recognition of positive/negative characteristics** (4/5 minutes). Participants are asked to turn the sheet to page 2, where they find two post-its: one yellow and one grey (any two colours would suffice). The facilitator (Helena M.) then tells participants to write one/some personal characteristics they like about themselves and they want to acknowledge and keep nurturing on the yellow post-it, and one/some characteristics they don't like or like less about themselves in the grey post-it. Afterwards some participants share what they wrote.



**Debriefing** (10 minutes): Space organization: circle of chairs. Material: phone/speaker for music. After the activities, a facilitator (Helena S.) conducts the debriefing based on some previously prepared questions:

- How do you feel after these activities?
- Was it easy to put your thoughts on paper?
- Did this experience help you find something new about yourself?
- What can you take from this workshop and implement in your everyday life?

How?

We had planned to do some breathing exercises as an optional activity to end our workshop if there was time but as we were short on time this part of the workshop didn't happen.

Roles: Besides the roles in the energizer, main activities and debriefing, each member was responsible for other tasks during the workshop: photos by Helena S., time-management by Helena M., music by Alex, and space/materials by Nikola.

Facilitators: Alex, Helena M., Helena S., Nikola (“Ja, Kinder!”)

Workshop conducted in Berlin, 22<sup>nd</sup> March 2024

**Title:** Lava

**Topic:** Team Building Activity

**Number of participants:** 10-12 people

**Duration:** 40'

### **Aims of the tool**

Team-bonding

Teamwork

Time-management

Improvement of problem-solving skills.

Improvement of trust among others.

Improvement of communication skills.

### **Concrete Objectives**

To help people collaborate together to complete a task.

To improve their team-management skills inside a group.

Learn to communicate with others to face upcoming challenges.

### **Summary of the Workshop**

The workshop is designed as a team-building exercise, comprising two distinct activities aimed at fostering cooperation, strengthening bonds, and enhancing participants' comfort levels with one another.

### **Description of the Different Activities**

#### **Introduction**

Energiser - "Newspaper"

Everyone stands together in a large circle. In the middle of the circle, a rolled up newspaper is placed on a stool. A player is called out who grabs the newspaper and hits a member of the group with it. He then lays the newspaper back on the stool and takes his place in the circle again. However the player who is hit, tries to grab the newspaper from his opponent and hit him with the newspaper before he reaches his space in the circle.

## **Activities**

The workshop begins with the "Flip the Sheet Challenge." In the center of a clean space lies a sheet on the floor, with each side featuring a different color or pattern. Participants gather on the sheet barefoot, aiming to cooperate silently to flip the sheet without allowing themselves to touch the floor (which is deemed "lava"). Participants must remain on the sheet at all times, utilizing non-verbal communication to achieve the objective. They are given 2 minutes for preparation and 10 minutes to complete the activity.

Before transitioning to the next activity, an energizer takes place where participants dance in the center of the space. When the music stops, they form pairs with the person nearest to them. The music resumes, and upon its cessation, they form groups of four based on proximity to other pairs.

Following the formation of groups, the second activity starts. This activity, also centered on team-building, involves an open space filled with chairs arranged to create a labyrinth. Each group chooses one blindfolded participant, tasked with navigating from the labyrinth's start to its end. The remaining group members guide the blindfolded individual using only predetermined non-verbal communication signals (such as sounds or clapping). Participants have 2 minutes to select their communication method and 15 minutes to complete the task.

## **Evaluation**

To conclude, participants gather in a circle for a debriefing session led by facilitators. Debriefing questions are posed to gather feedback on participants' experiences.

### **Names of the facilitators:**

Maria, Antonis, Amir

## WORKSHOP DESCRIPTION

- **TITLE:** The Rhythm of your Soul 🎵
- **TOPIC:** Exploring emotions through music and art therapy
- **NUMBER OF PARTICIPANTS:** 10-12 participants
- **DURATION:** 40 minutes
- **AIMS:**
  - Initiate the process of experiencing emotions connected to music and expressing them through art.
  - Foster creativity and self-expression in a group setting.
- **CONCRETE OBJECTIVES:**
  - Participants will get insight into their own emotion experiences and learn to appreciate the diverse perspectives of their peers.
- **SUMMARY OF THE WORKSHOP:**
  - The workshop invites participants to explore emotions through music and art. By listening to different genres of music and expressing their emotions through artistic lines, we can see how the music evokes different emotions and facilitates self-expression. Participants will reflect on their emotional responses and share interpretations, fostering creativity and cross-cultural understanding in a supported environment.
- **DESCRIPTION OF THE DIFFERENT ACTIVITIES:**
  1. **Energizer** “Umza” Optionale and exchangeable
    - Short activity for a group and its focus is to energize the participants, by following a unified rhythm, that creates a friendly atmosphere and encourages connections and focus.
    - Time: 3-5 minutes

2. **Explanation** of the activity and **group making** (1/2 method to create two groups)

Time: 1,5 minute

3. **Activity** (starts with the first song)

Draw your feelings thought art while listening to 1.5 minutes of one song and when the music stops, give 1 minute for the group to share 2 emotions evoked during the process and write in the sticky notes.

(This process will be repeated 4 to 5 times with different songs, and you can ask for the participants to rotate seats for them to change perspectives and draw all over the paper)

Time:  $1,5 \times 4/5 + 1 \times 4/5 = 10/13$  minutes

Examples of the playlist

- “River flows in you” (Yiruma)
- “Baianá” (Barbatuques)
- “The hammer” (Kublai Klan TX)
- “Scientist” (Coldplay)
- “The final countdown” (Europe)

4. **Debriefing**

Gather the groups in a chair circle and conduct a debriefing session with a few questions and conclusions of the activity.

- Did you enjoy the activity?
- Which type of music inspired you the most?
- How challenging was to express your emotions through drawing?
- Did this activity help you to get more in touch your feelings?
- Do you think you will apply this exercise in your daily life?

- Would you repeat this activity, and would you change anything?

Time: 18/20 minutes

- **MATERIAL NEEDS:**

- 2 big sheets of paper for the group to draw on.
- Multiple colorful pens, pencils, and markers
- 2 sets of post-it notes, one per group.
- 1 board to present the paper and the post-it notes.

- **PHOTOS OF MATERIALS:**



- **NAME OF THE FACILITATORS:** Leo, Ana, Matteo, Melissa