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Workshop ~ Day 2

Recap Day 1

Spend approximately 30 minutes recapping the previous day. What did they find beneficial? Is there anything they felt uncomfortable with? Is there anything they would have liked to do more of?

This is an important part of each day and an opportunity for the group to express any worries or doubts they have or make suggestions. (30 mins)

The Art Of Listening

Explain that developing the art of listening is an important part of communication. We have only one mouth but two ears! Therefore we should listen twice as much as we speak.

1. Explain that you are going to tell the group a story. Wait until they have settled down and proceed to read the sample story. You will also need to prepare your own story based on your own experience and include a fair number of details such as names and dates. The story should take no more than 5 minutes to tell.
2. After you have read the sample story, say “I would like you to tell me as much as you can remember about the story”. As they tell you what they remember, write up their points on the flipchart in **black**, allowing spaces between lines. If there is a disagreement over the facts, put up all the points – do not correct any mistakes at this point.
3. Read the story again.
4. Now write any new information in **red**.
5. Next, highlight any incorrect information by drawing a ring around it in a different colour.

Ask the group if they would have paid more attention to the first reading if they had been told beforehand what was expected of them. Now repeat steps 1–5 with a story of your own which you prepared beforehand.

Declaration Of Self-Esteem

Give out **WORKSHEET 18**.

Give the group 15 minutes to underline the correct statements. Now go through each one, ask for opinions, and flipchart the answers once everyone is happy with them and in agreement. Take some time to clarify further if there are any disagreements. You may find that some people disagree with the 'correct' versions and you may need to spend some time on this. Check the answer sheet if in doubt. (40 mins)

The Importance Of Interaction And Communication

Read out the item 'Crying Babies'.

Crying Babies

Babies in western societies cry a lot. Babies, on average, cry for 30 minutes before they get a response in western society. A baby cries when it needs something and crying is the only way it has of communicating its needs to its parents.

In some countries, a baby is carried around in a sling for about 6 months so it is always with its mother. She senses the baby's needs before it cries. The babies are always held by their mothers and feel snug and secure.

Western babies have to scream to get attention. Most western mothers are conscious of not spoiling their little ones so they tend not to pick them up as soon as they cry. They feel that if they pick up their child as soon as it cries, it will learn to cry or scream to get its own way. They also believe that this will spoil their child and make them selfish and demanding.



BREAK

Healthy Living

Tell the group you are going to do a quick survey on dietary habits.

Ask them what they ate for breakfast? Flipchart their answers. There will be some in the group who did not eat breakfast. Tell them that skipping breakfast is not a good idea – they will feel hungry before lunchtime and may end up snacking on crisps and chocolate. Many people skip breakfast if they are trying to lose weight. However there is some evidence that breakfast kick-starts the body's metabolism which means your body uses up calories more effectively. Therefore, skipping breakfast actually stops you from using calories or burning fat.



Does anyone feel they eat too much junk food? Does anybody know how much fat is in their diet? What about protein and carbohydrates? Do they pay attention to their diet at all? What about exercise? Do they have a weekly exercise routine? Do they play any sports? How about the journey to school? Many young people are either dropped off at school by car or travel to school by bus or train. Could they walk to school? Walking is one of the best forms of exercise. Tell them to think about their lifestyles. How can they be improved?

Give out **WORKSHEET 43**.

Tell them to think of ways they can improve their overall health. How can they make changes to improve their diet? How much exercise do they currently get each week? How do they use their spare time? Do they manage to find the time to 'recharge their batteries' each week? What about their mental health? Do they exercise their brains? If so, how do they do this?