



3rd Session

Me and my House



SESSION OBJECTIVES

The aim is for participants to become aware of the place of the Foster Home in their lives, leading to individual reflection on the emotions triggered by living in residential care.

MATERIALS:

- A bag containing cards with various emotions
- A poster with the various emotions represented

DYNAMICS: Time game - how much is a minute

worth? What did you feel?

Is it worth pressuring others? Do you like being pressured?

Everyone has their own rhythm

DESCRIPTION:

The cards are placed in a bag and randomly removed by each youth, who should select a partner to represent the emotion on the card through mimicry/body expression and lead the remaining youths to identify it. With the help of the group, the aim is to decipher the role of the Shelter Home in the life of each young person and the emotions that it arouses in them (possibly concrete situations and how they overcome them).

In case the young people are not able to represent the emotion through body/mime, they can give clues so that the rest of the participants can identify it: it starts with the letter We feel that emotion when

After the identification of the emotion, a discussion/reflection around it begins:

- ✓ At what moments in your life have you felt this emotion?
- ✓ What or who triggered that emotion?
- ✓ How did you get over that emotion?
- ✓ Did you have help from anyone to overcome what you were feeling?
- ✓ Do you often feel this emotion?
- ✓ Do you think that the fact that you live in the House makes you feel that emotion sometimes?

At the End:

- ✓ Of all the emotions, which one/which one best represents how you feel about living in the Foster Home?
- ✓ Of all the emotions, which one do you most like to feel in life?