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ArtSmart
Creative Space for Public and Private Development



MOVE to Be You

W2

Icebreaker & Activity

Icebreaker

1. Give 5 mins to by pair decide to meet each other and introduce themselves to a person that never has meet before.
2. Using phone and code answer the mentimeter questions
3. Discussion about it in group and importance for knowing ech other this day and let them ask more questions given on a printed card. Let them integrate by themselves



<https://www.mentimeter.com/>



The voting code **1569 2970** is valid now and expires **in 2 days**.

1. **Possible Questions on it** : What is her dream job? / What is her proudest achievement? and 8 more minutes to meet each other !
 - o **Printed card** : What is one superstition you have? / If you could learn all there is to know about one topic, what would it be? / What is your greatest skill? / What is your deepest fear? / What country has the best cuisine? Everyone choose 2 cards and ask about them to partner.

Main Activity

Discovering your strenght

Identifying Your Strengths

Often when we talk about mental health we hear about illness versus wellness. Mental health is more like a spectrum, from illness all the way to wellness. Your own strengths can help you on the journey to wellness.

What are strengths?

Strengths can be defined as the unique qualities and abilities that a person possesses, which enable them to perform tasks effectively and achieve their goals. These qualities can be skills, talents, knowledge, or even personal characteristics such as persistence, creativity, or empathy. Strengths build on each other, so by having one strength you can build another.

In summary, strengths are the innate or acquired abilities and qualities that enable individuals to perform well, overcome obstacles, and find fulfillment in their lives.

Why identify my strengths?

A strengths-based approach means that everyone has the ability to take control of their own lives. Sometimes, we may feel like we only have problems and weaknesses. But if we can figure out what we are good at, it can help us see our own strengths and use them in our life. When people focus on their strengths, they often do better in their recovery.

How do you identify strengths?

There are many different kinds of strengths that you can have. Below we've added some starting questions you can ask yourself. For each category, try to think about 2-3 strengths that are important for you.

Personal strengths

Identify your own personal strengths. These can include your hobbies, your dreams, your values, or your personal attributes (e.g., having a sense of humour).

Social strengths

Think about your social supports (e.g., relationships, family, and friends).

Good times

Giving yourself opportunities to recall your good moments can help you to feel positive and motivated.

Coping skills

Strengths with coping describe how you deal with adversity and the challenges in your life.

Spiritual strengths

We don't have to be religious to be spiritual — spirituality includes religion but also means how you think about growth, meaning, and purpose in your life.

Cultural strengths

Often we overlook the strengths of the groups to which we belong.

Positive settings

Positive settings are areas where you feel like you are safe and where you can grow. They are areas both formal and informal where people come together and connect, like a community center, library, school, park, or coffee shop. Identify different areas that you think of as positive settings. You can create an "asset map" by taking a map of your neighborhood or city and mark the positive areas to remind you where these places are.

Common work:

Tool - Big blank paper

Take your five top strengths and put them on post one by one with your name and check who else have the same strengths.

What conclusion do you have when you see that people have similar strengths but also they are different? (What is impacted collaboration)

Colour and Share

All art makes use of shape and colour in some way. Your eyes can be drawn to certain parts of an artwork when shape and colour is used correctly. Artists use colour to express themselves and aim to make you feel something when you look at it.

Colors / Markers / Tape

Printed Papers

Wall Paper



Printed images and Colored paper for quotes or sayings

Write and share a message of empowerment , leadership , collaboration , support that you will say to other woman.

Exchange cards / papers with another participant that you almost did not interact and say those words to her and your wishes .

Each participant take this to home to color and reflect on it.