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## Migrant Women Empowerment Project

"Be Yourself: Mental  
Women Wellbeing"  
Extra Activities

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# Warm up activity 1

**Title:** *Human Knot*

**Goal:** Teambuilding

**Scenario:** Have a group of 10-15 stand very close together. Tell them to reach out their arms so all hands are jumbled and intertwined. Tell them to grab one hand for each of their hands, but not the one of the person's next to them. Now they are a human knot and must use teamwork to untangle themselves into one circle without letting go of their hands.

**Resources in case need:** N/A

**Achievement expected or outcomes:**

Successful accomplishment of the task without detachment.





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# Warm up activity 2

**Title:** Tissue of reflection

**Goal:** getting to know each-other , self-reflection

**Scenario:** Tell participants to take a length of tissue. only after all have taken some, tell them for each panel of tissue they have to say one positive thing about themselves. (you could vary what they have to do or say for each tissue square:tailored to your objective) (variation:use M&M's-for each color they have to say one thing i.e. yellow:something sunny about themselves, red:an embarrassing moment, green.....)

**Resources in case need:** either coloured paper or tissue / toilet paper

**Achievement expected or outcomes:** Liberate sharing





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# Warm up activity 3

**Title:** Smarties way to go

**Goal:** Getting to know each other

**Scenario:** This game is great for a small group of adults who have come together for a training or meeting. Ask each person to pour themselves a small handful of Smarties. Then from their handful, ask them to put aside a candy with each of their three most favourite colour. Once everyone has chosen their colours, put up a poster with the following questions on it:

**Red:** What is your favourite memory? What got you involved to be here now?

**Yellow:** What do you enjoy most about your life?

**Purple:** Tell us a little about your family.

**Green:** Tell us a little about your hobbies and interests outside of the topic of this workshop.

**Blue:** Tell us a little about your work (past or present) or schooling.

**Orange:** Is there anything you've never done, but would like to try someday?

**Brown:** What do you enjoy most about yourself / being with others?

**Pink:** If you could go anywhere in the world for free, where would you go?

Then go around the group and have each person tell the group their answers for each of their three coloured Smarties.

**Note:** we used Smarties instead of M&M's because in their manufacture, M&M's have most probably come in contact with peanuts at some point.

**Resources in case need:** Smarties

**Achievement expected or outcomes:** Bonding experience





# Warm up Activity 4

**Title:** Mingle, Mingle, Mingle

**Goal:** This activity gives participants the chance to meet a lot of new people in a short amount of time.

**Scenario:** It's helpful for the facilitator to have a whistle or noisemaker of some sort to lead this activity. A large open space works best for this exercise. Ask everyone to stand. When you blow the whistle, everyone should begin to walk around the room, amongst one another saying "mingle, mingle, mingle, mingle..." When you blow the whistle again you will shout out a number between three and seven. If you shout "three", for example, participants must quickly get together with others to form groups of three. If you shout "six," participants form groups of six. Simple, huh? Once in their groups, they should have a seat on the floor. When everyone is in groups and seated, you will give them a statement to complete. (Examples: "My favorite movie is..." "The most fun I had this past summer was..." "If I could travel anywhere, I'd go to...") Everyone in each group introduces him or herself and completes the statement. Encourage participants to explain why they chose the response they did. When all of the groups have finished, blow the whistle and have them mingle again. It's best to do this about six or seven times to allow participants the greatest opportunity to meet and talk with a variety of people. This activity is great to use because it is low risk, gets everyone up and moving around, and allows participants to share in small groups. Lots of fun!

**Resources in case need:** whistle

**Achievement expected or outcomes:** fun :)





# Warm up Activity 5

**Title:** Cards to meet

**Goal:** having targeted questions for participants makes their possibility to connect easier and conversations are made deeper.

**Scenario:**

1. How do you practice healthy lifestyle in your everyday life?
2. What do you do in your work to contribute to a healthy working atmosphere?
3. What do you do in your relations to contribute to a healthy atmosphere?
4. What are your personal strengths?
5. What are your personal weaknesses?
6. What is your main personal drive in your life?
7. What are the things that upset you the easiest?
8. Which was the last moment you felt happy and satisfied?
9. How do you express when you feel any discomfort?
10. How do you know when you are truly included in a group?
11. What do you do (what actions do you take) to include others in work?
12. What do you do (what actions do you take) to include others in your life?
13. What does healthy lifestyle mean to you?
14. How do you take care of your physical health?
15. How do you take care of your spiritual health?
16. How do you take care of your mental health?
17. How do you take care of yourself?
18. How do you support others in your life? (by doing what)
19. How do you support others in your work? (by doing what)
20. What brings meaning to your life?

**Resources in case need:** Prepare questions according to the topic and create cards with it.

**Achievement expected or outcomes:** Deeper , more personal conversations and connections. Good start for becoming opened, free and more bonded.

