

Empowerment

1. Cards

Explanation: First, the children need to create the cards that are explained below. After these are made, all cards must be put in a box together. The goal of this activity is to guess which card belongs to whom.

1. Quality card

Every child makes his own quality card. This card should show what they're good at. It can be a drawing, a collage, a word, etc. For example, I am good in helping others.

2. Happiness card

On this card, the children need to draw or write what makes them very happy. For example, I am very happy when I play cricket.

3. Identity card

This card is about how the children describe how they look like: the color of their eyes, height, weight, color and length of their hair, special things, etc. For example, I have brown eyes, brown and long hair, 1m55 tall, 12 years old and I always smile.

Preparation:

- Paper
- Scissors
- Pencils
- Color pencils

Goal: Children think about their own qualities and the qualities of others. They believe in their own strengths.

Number of players: Two or more people

2. I am a puzzle of talents

Explanation: The children paint a portrait of themselves. When the portrait is finished, they must cut it into pieces. Thereafter, they put the pieces in a bag / envelope. Every child writes positive qualities on each other's pieces. When everyone finishes this, they make the puzzle of their own portrait and they can read what the others have written about them.

Preparation: Paper, scissors, paint, pencils, envelope

Goal:

Children come to realize that they can be compared to a puzzle themselves. They all have their own personality with different talents and qualities.

They consider their own qualities, talents and strengths.

Number of players: Two or more people



3. I stand up for myself!

Explanation: A situation is described on each card. Every child gets a card.

There are different ways to do this exercise:

- The children must think about how they feel about these situations and how they would react. You let them talk about this.
- The children make a role play, so they must act how they would react.

Preparation: The cards below





Goal: Children think about their own opinions on certain subjects and practice on standing up for themselves.







Number of players: Two or more people

Difficulty: Hard



3.1. Situation cards

 <p>What do you do?</p>	<p><i>A classmate says your new shoes are ugly.</i></p>	 <p>What do you do?</p>	<p><i>Someone is hurting your best friend.</i></p>
 <p>What do you do?</p>	<p><i>A friend tells you not to go to school, because it isn't important.</i></p>	 <p>What do you do?</p>	<p><i>Your biggest dream is to become a dancer, but your friend says you will never succeed, because you're a boy.</i></p>

 <p>What do you do?</p>	<p><i>Your neighbor says a woman shouldn't be a leader.</i></p>	 <p>What do you do?</p>	<p><i>You're applying for your dream job, but they do not accept you because of your gender.</i></p>
 <p>What do you do?</p>	<p><i>Your parents pick out a partner for you to be with, but you're not in love with him/her.</i></p>	 <p>What do you do?</p>	<p><i>Your partner obliges you to become a housewife, but you would like to work.</i></p>
 <p>What do you do?</p>	<p><i>Your partner wants children, but you're not ready yet.</i></p>	 <p>What do you do?</p>	<p><i>When you're 15 years old, a 30-years-old man/woman wants to marry you.</i></p>

4. The bus ride to the future

Explanation: The exercise starts at the bus. The bus will take a bus ride towards the cloud. The cloud represents the children's future (what do I want to be when I grow up? What does my ideal future look like? ...) On the way, the bus comes across a few bus stops. The bus stops indicate which steps they must take to achieve their goal (for example: go to school). It is a thinking exercise, but the children can draw their future in the cloud.

Preparation: On the next page, you can find the template.

Goal: Children think about what they want to achieve in life, and what steps to take to get there.

Number of players: Individual

Difficulty: Medium



