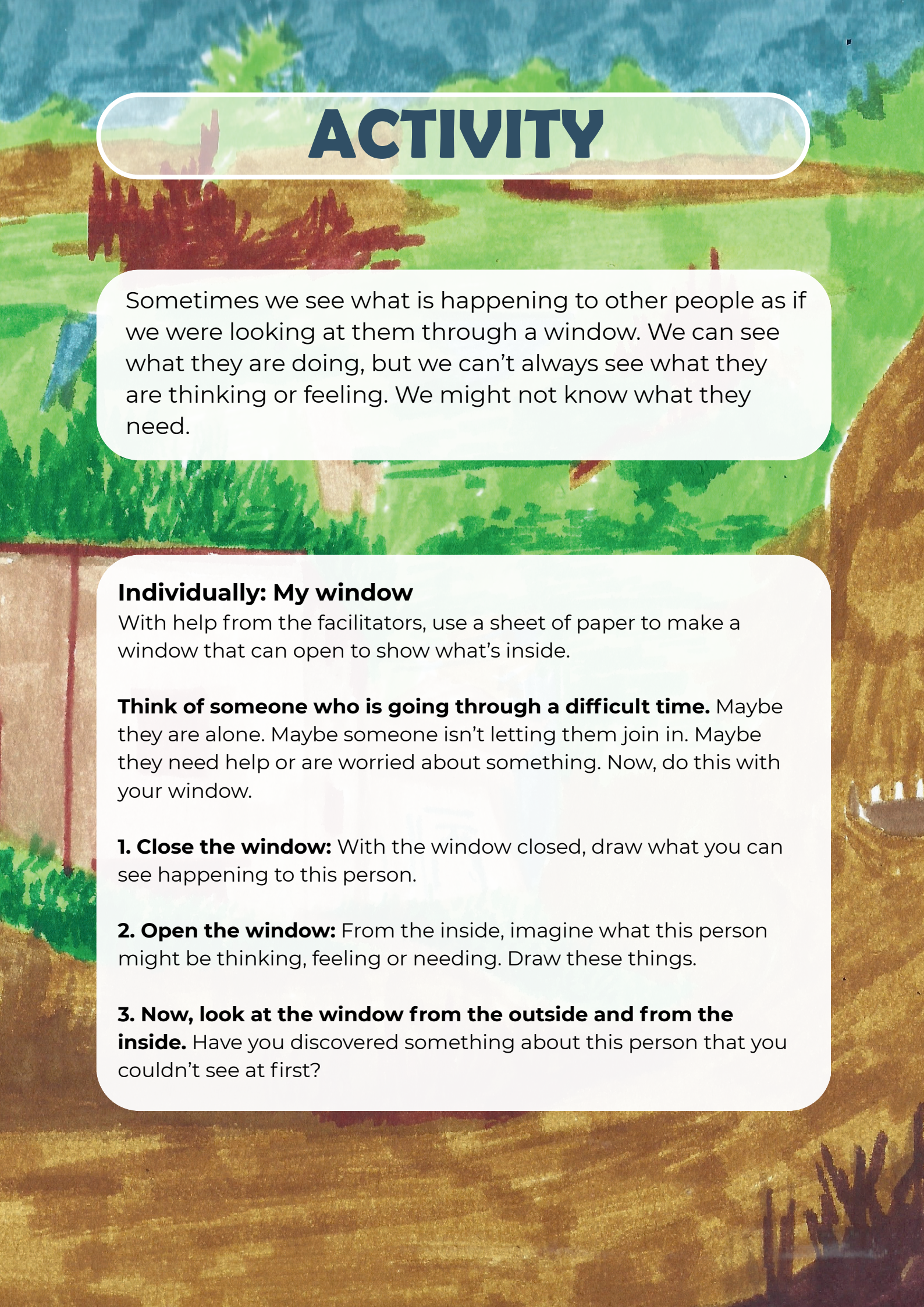




ACTIVITY

Sometimes we see what is happening to other people as if we were looking at them through a window. We can see what they are doing, but we can't always see what they are thinking or feeling. We might not know what they need.

Individually: My window

With help from the facilitators, use a sheet of paper to make a window that can open to show what's inside.

Think of someone who is going through a difficult time. Maybe they are alone. Maybe someone isn't letting them join in. Maybe they need help or are worried about something. Now, do this with your window.

1. Close the window: With the window closed, draw what you can see happening to this person.

2. Open the window: From the inside, imagine what this person might be thinking, feeling or needing. Draw these things.

3. Now, look at the window from the outside and from the inside. Have you discovered something about this person that you couldn't see at first?



In a group: Our neighbourhood with its windows open

On a large sheet of paper, draw a simple neighbourhood. Each girl and boy puts their window on a house or a building.

You'll have lots of different windows, and each one will tell a little story.

1. Glue all the windows together on the large sheet of paper to create a neighbourhood. Look at the different windows. Each one tells something about what someone is experiencing. What could you do to help them, or so that they don't feel alone?

2. Draw paths between the windows. On each path, draw or write an action: listen, ask, accompany, share, invite, help, make room...

3. Look closely at your neighbourhood. What changes when people look after one another?

Write your ideas in large letters around your neighbourhood and decorate them.