

## Activity 2.15 Appreciating What We Have (The Arts)

### Module: 2. Intercultural Dialogue

Duration: 60 Minutes

#### Social Development Themes: Arts

#### Summary:

This activity builds on the existing activity of celebrating what we have and building on the things we're doing well. It explores the idea of giving thanks for the things our bodies enable us to do, as a way to encourage us to be appreciative and recognise the assets and potential that we have.

#### Learning Outcomes:

Value different perspectives

Ability to support, and learn and share through, dialogue – questioning skills

#### Approach:

1. Ask participants to walk around the space on their own. As they walk around, encourage them to really feel the weight of their body, to feel their arms swinging and to be aware of the sensation of the soles of their feet coming into contact with the floor.
2. Ask them to start thinking about what their body allows them to do in their daily lives – we can often take our health and our bodies for granted and can overlook the things that are possible because of the incredible system that makes us who we are and allows us to do what we do.
3. Once the group is moving in the space, call out a particular body part – the head, knee, elbow etc. Participants should then move around the space, being led by that particular part. As facilitators, you should encourage the group to really physically explore this: how do the body parts move – rotating, swinging, shifting left and right, up and down? What's the direction – straight lines or curvy lines? Are they heavy? Light? Large? Small?
4. Repeat the process, calling out different body parts, as the group moves in the space, but this time encourage them to think about what that part of the body allows them to do – my hands for cooking my

favourite food, my feet mean I can walk to work and earn the money to look after my family, my mouth for letting me sing and talk to my loved ones etc.

5. Once the exercise has run its course, in pairs or small groups, reflect on some of the things they are thankful for. Was there anything missing?

#### Debrief:

How did it feel to focus on the different parts of the body?

Where there differences in the group? What do these differences tell us about our community? Did we learn anything about the people in the group that surprised us?

How could being appreciative of what we have support us as Active Citizens?

This appreciative approach can become a running theme throughout the workshop. For example, at different stages of the workshop, the facilitator could ask the group to use an appreciative approach to reflect on their cultures and communities.