

Activities for workcamp participants

LOVE reflection

Length: 10 minutes

Main objective(s): To track our learning, dream, relax and embrace with meditation

Materials needed: poster with LOVE letters and words, preferably with illustrations. Diaries, for participants to answer questions, pencils

Outline (step by step methodology):

This method can be used every day in the morning, to start with reflecting on our learning, anticipating the day, observing our moods and surroundings and meditating. Each letter of the acronym LOVE, represents one activity. Participants should open their diaries.

We start with L - What have I learned so far? Continue with O - Observe, what do I feel?, then V - Visualize - Imagine the day ahead, what is my goal for the day? and finally E - embrace; short meditation technique is practiced.

For each "letter", give participants about 1-2 minutes to write down anything that comes to their minds regarding the questions. It might be just a flow of thoughts they write down for themselves - whatever is most useful for them.

Notes: Example meditation technique (page 9 and 10):

http://www.dragondreaming.org/wpcontent/uploads/DragonDreaming_eBook_english_V02.09.pdf

