

## Activities for workcamp participants

# Mandalas / Beads

**Length:** 30 mins (depending of how many questions you want to raise)

**Main objective(s):** To reflect on different aspects (how the participants are doing) or different questions related to learning or evaluation

**Materials needed:** mandalas or some other abstract pictures to be coloured, coloured pens/markers/crayons / beads (different sizes and colours), nylon string, scissors

### Outline (step by step methodology):

The method is based on two simple activities:

- colouring a picture (a mandala or other pictures, rather abstract ones, that can be used to colour them) with colours that respond to the questions the participants are asked (tip: If you want to use the mandalas, always have also other pictures to colour in case some participants are of different religions and don't want to use mandalas)
- putting beads on the string - colours and sizes that correspond to questions they are asked (tip: use rather beads with bigger holes, if you have the very small ones, it's hard to grasp and put on the string)

What is the instruction for the participants:

I will ask you several questions. Please, colour your picture / put the beads on the string that somehow represent your answers for the questions. Think about the answers, prepare the picture / string and then we will show others and share.

How to use it for different purposes:

A. Reflection of how the participants are doing

- Ask for: How are you doing on this training:
  - 1) physiologically (in your body),
  - 2) socially (in the group),
  - 3) mentally (in your mind)

B. Reflection of the learning

- What was my biggest learning point ("aha moment") of today? When did it happen, what did I realize?
- What else do I need to find out? Which knowledge/skills/attitudes did I realize I'm missing and I need to find them out, practice them?

C. Evaluation

- How is the accommodation/food/personnel in the venue/venue as such?
- How much useful was the programme for me so far?
- What am I missing?
- What am I looking forward to till the end of the training?

...One extra thing to do with the beads: Take one bead and give it later to somebody you would like to appreciate for something.

**Notes:** Source of inspiration: Youthpass Unfolded: <https://www.youthpass.eu/en/publications/youthpass-unfolded/>, modification by trainers Alena Tomanová and Jan Siegel