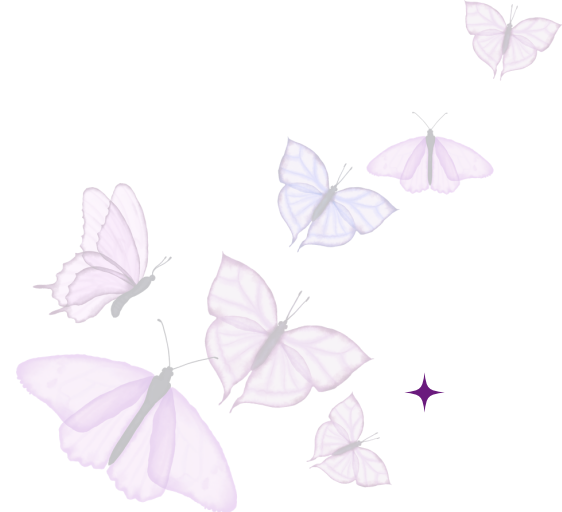




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QUESTIONS AND REFLECTIONS

Stories 4 Wings

2024-1-ES01-KA220-ADU-000255317

Resilience



Jawara



Jawara

Resilience

This document includes a series of **9 questions focused on reflecting** on different aspects related to the story being worked on. The questions are organized into three levels of complexity and depth, as follows:

Questions 1 to 3

focus on achieving a basic understanding and identification with the story and characters.

Questions 4 to 6

introduce reflection on the value, skill, or competency being addressed from different perspectives, such as emotional self-exploration or the observation of different attitudes or behaviors.

Questions 7 to 9

encourage deeper reflection and invite participants to approach the different topics from a symbolic perspective, imagining alternative scenarios or relating them to their possible future attitudes or actions.

Some **recommendations** for using this guide are:

Approach reflection in a **relaxed and open way**, without explicitly announcing the values or competences that the activity aims to explore.

Allow participants to arrive at their own interpretations and conclusions **gradually**.

The activity should create a **safe space**, where emotions, thoughts and opinions are welcome.

There are **no right or wrong** answers.

Participation should never be forced; **silence and listening are also valid** forms of engagement.

Jawara

Resilience

1

What did young Jawara think he could gain in Europe that he didn't have in his homeland?

This question helps to delve deeper into the history and theme of resilience and reflect on our own reality; value the basic things we have that other people don't, such as food, running water, clean clothes, etc.

2

How long did Jawara's journey to Europe take, and how long has he been living there, fighting for a decent life?

This question invites to be aware that everything takes time, that changing and improving things doesn't always happen overnight. That both patience and perseverance are essential and are linked to resilience.

Jawara

Resilience

3

What has impressed you most about Jawara's story?

This question connects and empathise with the characters and the story in order to delve deeper into reflection about resilience.

4

Why do you think people turned their backs on him when he asked for help upon arriving in Europe? Would you have helped him?

This question reflects on people's attitudes toward what frightens them. Put ourselves in the shoes of someone who might discriminate. Reflect on how fear can breed hatred. Think about how to develop resilience in this context.

Jawara

Resilience

5

For what reason or reasons would you be willing to put your life at risk or in very difficult situations?

This question reflects on our scale of needs, desires, or values (and those of other people) and how these desires and values can be the driving force that allows us to develop resilience and move forward.

6

Do you have any close examples of someone who has gone through (or is going through) a very difficult situation similar to Jawara's and has overcome it (or is in the process of overcoming it)?

This question invites to be inspired by other close stories of resilience and to reflect on how people manage to get ahead in the midst of very difficult circumstances.

Jawara

Resilience

7

**What do you think the word 'resilience' means?
What do you think it can be useful for in life? How
could you integrate it into your day?**

This question reflects about the meaning and nuances of the concept of resilience and being aware of how it can help us in our daily lives.

8

**Do you think a person is
naturally resilient, or
can it be achieved,
learnt, practised,
worked on,
developed...?**

Reflect on and discuss how resilience can be developed, whether there are methods, exercises or attitudes that can help us become more resilient.

Jawara

Resilience

9

Do you think a person can develop resilience in the midst of a tragic situation without any support, empathy, or compassion from other people? Could Jawara have survived if that woman hadn't rescued him on the street?

This story invites us to reflect on the idea of resilience from a collective perspective, on compassion, and on mutual support.