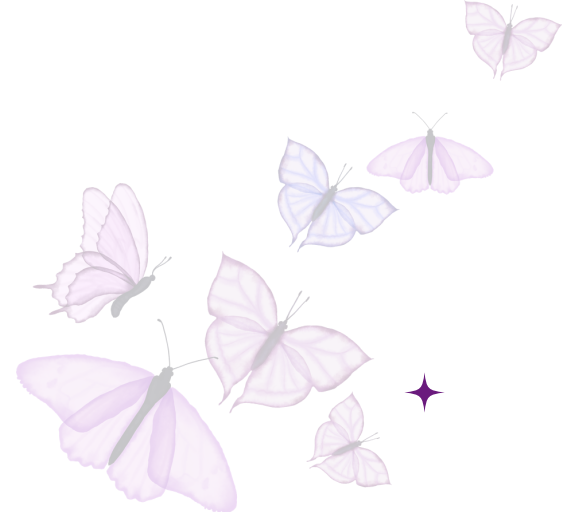




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PRACTICAL ACTIVITY AND GAME

Stories4Wings

2024-1-ES01-KA220-ADU-000255317

Resilience



Look Me in the Eyes



Look Me in the Eyes

Resilience

This document includes a **practical activity and a game** to further explore and reflect on the value, skill, or competency of each story.

This activity and game serve as a **supplementary learning tool** to the guide with the questions and reflections, approaching learning from a **playful, active, and participatory perspective**.

These activities aim to reinforce learning through **practice and direct experience**.

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PRACTICAL ACTIVITY

Educational Objectives

- Explore how the perception of the other changes
- Understanding resilience as a transformation of perspective
- Developing empathy through observation
- Working on non-verbal communication



Number of Participants

6-16

Duration

50-60 minutes

Materials Needed

- Cards with emotions (prepared beforehand)
- Blank cards
- Room to move around
- Paper and markers
- Tables and chairs

1

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Activity Description

1. This activity is done in pairs. Without speaking, participants must look at each other for 20–30 seconds and try to convey an emotion using only their gaze. Afterward, each person writes on a card what they think they perceived from the other person. Brief group discussion: Did what was intended to be expressed match what was interpreted?

2. The group places two zones in the space:

- “BEFORE” (beginning of the story)
- “AFTER” (end or change)

Using emotion cards, the group decides:

- how the character is seen at the beginning
- how that perception changes

3. In groups, participants use their bodies to represent key moments in the story where these emotions and changes appear: posture, position in space, attitude...

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Notes

- Simple activity, without complex dramatization
- Avoid talking too much
- Do not interpret personal emotions of the group
- The focus is on social perception, not individual perception



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GAME

2

Educational Objectives

- Understand how messages and perceptions can change through others
- Practice adapting to misunderstanding in a simple and active way
- Develop resilience by improving or recovering a distorted message
- Strengthen teamwork and quick decision-making



Number of Participants

8-16

Duration

50-60 minutes

Materials Needed

- Message cards (short and simple sentences)
- Paper and markers
- Timer

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Activity Description

1. Introduction

Explain that teams will pass messages along a line. Messages will change, and the goal is not perfection, but how well they handle those changes.



2. Team Formation

Participants are divided into 2–5 teams and stand in lines.

3. Round 1: Pass the Message

- The first person receives a message card
- They whisper it down the line
- The last person says the message out loud
- Then the original message is read

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4. Round 2: Message Under Pressure

Same process, but now with one simple rule per round, for example:

- You must say it only once
- You must change one word
- You must say it faster

This creates natural distortion.

5. Final Round: “Fix the Message”

After the last round:

- Each team hears their final distorted message
- They have 2–3 minutes to improve it

Task:

Make the message clearer, fairer, or more meaningful

Then each team shares:

- The message they received

Their improved version



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Notes

- Keep instructions very short and repeated if needed
- Do not look for correct answers; focus on effort and improvement
- Link to the story: sometimes people misunderstand you; resilience is how you respond and improve the situation, not staying stuck in the misunderstanding



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