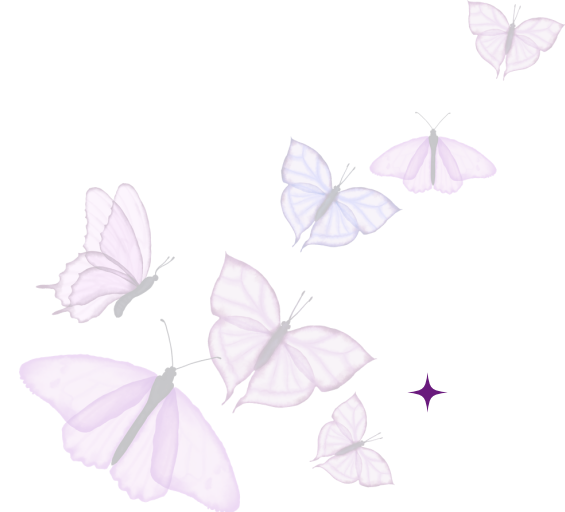




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PRACTICAL ACTIVITY AND GAME

Stories4Wings

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Resilience



Jawara



Jawara

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**.

Jawara

Resilience

PRACTICAL ACTIVITY

1

Educational Objectives

- Understanding resilience as a process of decision-making and continuity
- Identifying obstacles and key moments in a personal journey
- Analyse how decisions influence the final outcome
- Developing reflection based on group action



Number of Participants

6-16

Duration

50-60 minutes

Materials Needed

- Cards with key moments in history (preparation prior)
- Adhesive tape (for marking a line on the floor)
- Post-its of three colors
- Markers

Jawara

Resilience

Activity Description

1. A line is marked on the ground that represents the story of Jawara.
2. The group receives cards with moments from history (out of order) and must place them in order on the line.
3. Then they are given three colored sticky notes on which they must write and place at each key moment of the story:

Obstacles

Decissions

Consequences

4. Finally, they physically walk the line, explaining what happens at each point.
5. Reflection during the group walk through history: A guided discussion led by the educator, discussing the cards with the obstacles and decisions, and how these influence the consequences.

Notes

- Keep the focus on the story, not on personal experiences
- Movement (traveling the line) is important
- Don't look for the "right answer", but for narrative coherence

Jawara

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GAME

Educational Objectives

- Practice emotional regulation in challenging situations
- Develop adaptability and problem-solving skills
- Strengthen perseverance when facing repeated setbacks
- Build awareness of how attitude influences outcomes



Number of Participants

6-16

Duration

45-60 minutes

Materials Needed

- Simple task cards (physical or mental challenges: e.g., puzzles, riddles, stacking objects)
- “Obstacle” cards (unexpected constraints or difficulties)
- Timer or stopwatch
- Paper and markers

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Jawara

Resilience

Activity Description

1. Introduction

The educator explains that participants will go through a series of challenges where success is not guaranteed. The focus is on how they react, adapt, and continue, just like in Jawara's journey

2. Team Formation

Participants are divided into small teams (2–4 teams)

3. Challenge Rounds

Each team rotates through short challenges (5–7 minutes each). Examples:

- Solve a simple puzzle
- Build a structure with limited materials
- Complete a logic or word task

Jawara

Resilience

Twist: Obstacles Introduced

At any moment, the educator gives an “Obstacle Card” to a team. Examples:

- One member cannot speak
- The team must restart
- Time is reduced
- One hand only can be used



Teams must continue despite the disruption.

4. Reflection Pause Between Rounds (brief, 1–2 min each)

After each round, teams quickly note:

- What frustrated them
- How they adapted
- What helped them continue

Jawara

Resilience

5. Final Group Reflection

Discussion guided by the educator:

- Which obstacles were hardest and why
- What strategies helped them keep going

How this relates to resilience in Jawara's story



Notes

- The key is not completing tasks successfully, but observing reactions to difficulty
- Avoid overly complex challenges; frustration should come from obstacles, not confusion
- The educator should actively introduce unpredictability

Ensure a respectful environment; no ridicule when teams struggle



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