

AGRUPAMENTO DE ESCOLAS D. SANCHO I  
VILA NOVA DE FAMALICÃO  
PORTUGAL



**WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO ...**

1. Presenting themselves to others by bringing something they made (a cake, a piece of clothing, a painting...) or something they have that shows the others how they are.
2. Playing social games, like *Meeting and Learning* (sitting in a circle, the ladies pass a ball around. The person who has the ball has to say her name and talk about a personal trait. The next round, the person with the ball throws it to another person and has to say the name of that person and what she said about herself), *The Colour of Feeling* (the group has to close their eyes and meditate for 5 minutes about how they are feeling at that moment. After that, the staff asks them to open their eyes and choose a piece of paper/tissue with the colour that best depicts their feelings. Then, they are divided in sub-groups, according to their chosen colours and will explain to the other members of the sub-group, the relation between that specific colour and their feelings) or *Surprise Box* (in a small box, a mirror is attached to its lid. Sitting in a circle, the ladies are told that in the box is the picture of someone very important and irreplaceable. The staff then passes the box to a person in the group and asks her to describe the others how that person is, without saying who she is. In the end, the staff asks the ladies how they felt when they had to talk to others about themselves).
3. Cake decoration, embroidery, gardening, make-up workshops, which will make these grandmothers feel valued, by showing others what they are capable of.

**NECESSARY CONDITIONS: MATERIAL / PLACE / TIME**

**Material:** a ball, a box, a mirror, colourful paper/tissues, decorations, make-up, cloths, yarn...

**Place:** Council facilities

**Time:** in the afternoons

**POSSIBLE OBSTACLES**

Lack of transportation or motivation.

**ILLUSTRATION**

