

SUPPORT AND APPRECIATION



◆ A feeling, a song ◆

OBJECTIVES

The main objectives of this activity are to be aware of own feelings and attitudes. How the rest of the world and the daily things affect our mood is important and with this activity, the mothers will learn to accept and deal with their emotions, no matter if they are positive or negative.

PREPARATION

During 5 days, pointing out their most powerful feeling of the day and compare them with a song.

The facilitator will give the mothers A FEELING, A SONG Worksheet that will be included in the materials.

DESCRIPTION OF IMPLEMENTATION

Along five days, you will write down the most powerful feeling you have had. No matter if it is positive or negative. All feelings must appear in our lives; we have just to accept them. Each day, you will write down the most powerful feeling you have dealt with along the day, then you will have to find a song that illustrates that feeling, a song that can be a portrait of that feeling. Write down the lyrics of the song, point out the most important parts for you and write a brief text about why do you feel that this is the song more suitable for that day. Do it during five days and you will notice that it will become easier each day and also that no matter the different feelings you have; all of them are equally valid and needed in your life.



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◆ Did I? ◆

OBJECTIVES

The main objectives of this activity is “pushing” a bit the moms to get out of their comfort zone in relation to their social skills and how they act and connect with the rest of the world.

PREPARATION

The only thing the facilitator has to do is explain briefly the activities they have to “try” during the five days of the activity. Of course, apart from the examples, the facilitator can add any activity suitable for the group he or she is working with. Depending on each country, this may differ, so anything can be added.

There is a specific “Did I” worksheet for this activity in the materials section on NTC web platform.

DESCRIPTION OF IMPLEMENTATION

There exist some things that maybe are difficult to you in your daily life but that could be very useful to improve your social skills and the way you connect with others.

During the next days you will try to do the things on this list:

1. Try to talk to someone you don't know
2. Make something that you don't usually dare
3. Three good things you did in relation to others in the day

You will try to achieve these five days in a row, after each day you will write down the things you achieve and will tell a bit how they went. You will also point out how it made you feel (doing it or not doing it if was not possible).

Everything you can do to get out of your comfort zone will make you feel a bit more capable each time.



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◆ Read
and
empathise ◆

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OBJECTIVES

The objective of this activity is getting familiar with the same feeling of isolation any young mother can feel but from other perspective. Seeing that it is totally normal to feel some things and that it is pretty common also.

PREPARATION

The book needed for the activity is: *Parenting: Instant - Cure for Acute Loneliness in Mothers of Young Children*. It is available in Amazon for 3,59 dollars or can be read online for free with Kindle Unlimited:

<https://www.amazon.com/Parenting-Instant-Loneliness-Mothers-Children-ebook/dp/B01CXLTU0Y>

The mothers will read and identify the feelings and situations told in the book that are also common in their motherhood journey. There is also a Read and Empathise Worksheet specific for this activity in the materials. After the activity, the facilitator will collect the answers and if possible combine them and share with the rest of the group to show them how similar sometimes their answers are.

DESCRIPTION OF IMPLEMENTATION

For this activity, you will read the book: *Parenting: Instant - Cure for Acute Loneliness in Mothers of Young Children*. This book is written from the depths of the heart of a loving and caring mother experiencing the mixed emotions, highs and lows of being a mother to young children, a wife to a working husband, a friend to her peers running at different life phase and her struggle to keep it together and sane.

After reading it, you will have to write the things that made you empathize with her, if you experience some similar feelings and write them down. This will help you to understand that everything you feel around motherhood is ok and totally normal. It will make you also know that there exist many women having the same feelings as you and that connecting with a community that can perfectly understand you will be very beneficial in the long run.