

# FROM UNICORN TO WISDOM



## ◆ My own expectations ◆

### OBJECTIVES

- Improve self-confidence and awareness
- Overcome stereotypes

### PREPARATION

The facilitator shall give a thorough introduction to the participants what materials can be added to the collage.

### DESCRIPTION OF IMPLEMENTATION

Step 1: Like the activity in the training, each learner shall create a collage of how they see themselves. The collage can be made with cut-outs from magazines, books, advertisements, as well as with handicraft materials or with markers and coloured pencils.

Step 2: With the collage the learners shall answer the following questions:

- Who am I? What does my current life look like?
- What do I like to do in my free time?
- What do I expect to achieve in my future? What do I want to achieve in my future?

How do I want people to see me?

# FROM UNICORN TO WISDOM



## ◆ The music in me ◆

### OBJECTIVES

- Improve critical thinking and self-confidence
- Overcome stereotypes and deceiving role models

### PREPARATION

If possible, the facilitator should give one or two examples beforehand.

### DESCRIPTION OF IMPLEMENTATION

Step 1: Each participant is asked to research online and find one song (can be in their national language or any other language) which they think are misleading, for example, the music is upbeat but the lyrics tell a sad story of losing someone, or, the lyrics talk about emancipation and strength but the music video is full of stereotypes. It can also be a song which they think is misinterpreted in their environment a lot (e.g., La Macarena is often played at weddings but tells the story of a girl who cheats on her boyfriend while he is out of town)

Step 2: After finding such an example song, each participant is asked to find another song which they think is representative of themselves, e.g., emotions they are feeling, events they have experienced, etc.

# FROM UNICORN TO WISDOM



## ◆ My personal stereotype ◆

### OBJECTIVES

- Improve critical thinking and self-confidence
- Overcome personal and directly applicable stereotypes

### DESCRIPTION OF IMPLEMENTATION

Step 1: Each participant is given the task to think about their environment, the people they interact with, their personal situation, and the expectations people have of them personally.

Afterwards, each participant shall think of one stereotype that is expected of them personally / that they have had to face personally.

Step 2: After thinking of this stereotype, each participant shall think about the people around them and identify one stereotype they have used on people around them as well. Something they have expected of someone, even if there is no need for it, or an opinion they have had of someone, without having any facts to base it on.