

SELF- REALISATION



◆ This is me ◆

OBJECTIVES

Supporting mothers in becoming more aware of their true self and identity.

PREPARATION

Closing the door of a room where they can practice the activity alone, without external observers and/or interruption from others. Putting some music in the background, if they like. included in the materials.

DESCRIPTION OF IMPLEMENTATION

Mothers should take 30 minutes for themselves. They should first play their favourite music. Then they should proceed as follows:

- Start moving around the room
- Start moving the body as it comes natural to them
- Write each letter of their name using parts of their body
- Choose and reproduce one body movement that represents a negative moment of their past week

SELF- REALISATION



◆ One hour for you ◆

OBJECTIVES

Encouraging mothers to create the habit of taking some time per week for themselves and their well-being.

PREPARATION

Looking for and buying a diary they like.

DESCRIPTION OF IMPLEMENTATION

Mothers should take some time for themselves to:

- Make and write down a list of simple things they want to do and that would make them happy
- Choose periodically an item from the list
- Include the item of the list in their agenda as a new habit to which they would have to dedicate one hour each week

Write, each week, their emotions, achievements, challenges and the progress related to that activity/item on the list.