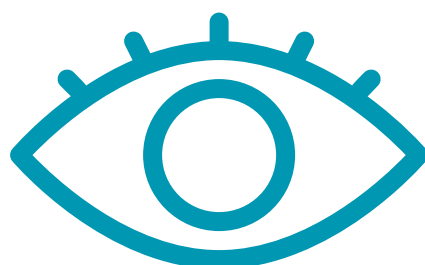




# WORK CARD 1

## SENSE AWARENESS



Ask participants to sit in a comfortable position and close their eyes. Then lead them through a short meditation, focusing attention on individual senses. Ask them to be aware of sounds, smells, touch and other stimuli that may affect their concentration.

After completing the meditation, talk to participants about what stimuli were particularly strong for them and how they influenced their ability to focus. Then ask them to compare their experiences with the adults in the disadvantaged group and consider what stimuli can affect their concentration.

It is important for the educator to emphasize that the ability to concentrate can be developed and strengthened through systematic activities and a conscious approach. Encourage participants to engage and practice concentration techniques in their daily lives to achieve the desired results.

Remember that different groups may have different preferences and needs, so it is worth adapting activities and tools to the nature of the group and the topic of the training. It is also important to regularly monitor participants and adjust activities during training to maintain concentration and engagement.

Remember that when working with people with fewer opportunities and more difficult situations, it is particularly important to create a friendly and supportive atmosphere. Make sure that all workshop participants have equal opportunities to express themselves and actively participate in the exercises. Encourage participants to be active, especially when you see barriers to entering the group.