



WORK CARD 11

MEDITATION

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.



Ask participants to move slowly and consciously around the room. Ask them to pay attention to the movement of their legs, the sensations in their feet, and the contact with the floor. Encourage them to focus on this simple action and turn off thoughts of other things.

This exercise helps you practice mindfulness and focusing your attention on the activities you are doing.

Before conducting the exercise, make sure that participants are open to such experiences and provide appropriate conditions for relaxation and concentration. Remember that some people may have difficulty relaxing in the presence of others, so it is important to create a safe and friendly atmosphere.