

NOF toolkit No one Forgotten Practice Hope Art 04

Title: "GENEROSITY CIRCLE" (GENEROSITY)

Duration: 60 minutes

The aim of the activity is to increase our generosity levels, while creating a deeper connection with the team members. This exercise practices the ease by which we enter the region within ourselves where we will feel "enough" and from that inner place to be able to acknowledge someone else. (*)

Step 1: The participants form a circle. The trainer asks the participants to share with the rest of the team 5 things they think they are very good at.

- *"Share 5 things with your colleagues, you believe you are very good at"*. It could be five virtues they have, or strengths (strong points), or five talents. Try to include characteristics of internal and external features, for example I have a beautiful smile, I am sensitive/empathetic/smart/determined/strong willed etc.
- In case a participant has a difficult time finding 5 strong elements about themselves, the trainer asks him to stand/or to sit in the center of the circle.

Step 2: The rest of the group members are asked to "recognize" (acknowledge) the one in the center using the ability of "acknowledgement".

Step 3: The person in the center expresses how he felt by being acknowledged (or being seen) by the others. This person should also confirm which of the strong points mentioned are actually true.

Reflecting procedure: 20 minutes

Important notice: (*)"By acknowledge" we define the life skill that leads us to see the beautiful, the good and the true in the other. Beautiful on the body. Good for the soul. True to spirit (Voulgari, Angeliki-Ariadni, *The Art of Connection*, iWrite 2022,p.49)

- Key for the activity is to let yourself freely express generously with no criticism the positive things that you see in someone else.



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- This exercise does not require prior acquaintance with the person, but a deep viewing of the other beyond external images.

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