

TOOLKIT

MOTIVATION THROUGH MEDITATION

1. **Name of the Activity:**

Motivation through meditation

2. **Objectives:**

- To focus on the significance of personal development
- To encourage self-awareness
- To enhance motivation during educational progress
- To maintain self-control, emotions and feelings that contribute to the quality of work and life
- To learn and understand an individual's needs and set achievable goals

3. **Target Group / Group Size:**

Young adults aged 18-20/ 10-15 participants

4. **Duration:** 1,5 hours

5. **Materials Needed:** Dixit cards, pens, pencils, markers, blank sheets of paper (to build your own cubes)

6. **Instructions (Step-by-Step Implementations):**

a) Introduction (10 minutes):

The facilitators welcome the participants and introduce the topics, explaining in detail the objectives and the expected results at the end of the activities. The participants are arranged in a circle. They share information about their background and address expectations for the outcome of the workshop. Facilitators collect the feedback received to further compare it with the final evaluation so that they can follow participants' progress throughout the activities.

b) Icebreaker Activity (10 minutes):

Have participants introduce themselves using DIXIT cards.

Explain the rules of the game and put all cards on the table.

Ask each one to find three cards that represent their personality. This will help them define who they are and explain their choice of cards.

At the end everybody is invited to reflect on their initial feelings prior to the activity.

c) Motivation in education activity:

The cube (25 minutes):

Explain how even an amateur piece of art can serve as a tool of self-expression and boost self-awareness.

Hand out blank sheets of paper and colour markers and pencils. The participants are asked to draw a cube and fill it with whatever comes to their mind. Feedback: participants choose a random person to exchange cubes with. Each person is supposed to describe what they see and interpret the feelings

behind the drawing. Once this session is over, the cubes are put aside in a place visible for everyone.

Meditation (10-15 minutes)

Introduction to basic techniques on how to manage emotions by means of meditation exercises. Create a circle. Participants are given the freedom to be seated comfortably according to their preferences. Start with a basic-introduction-to-meditation exercise. The facilitator asks the participants to close their eyes and listen to his/her voice. The session starts with a focus on breathing techniques (3 deep breaths) to relax the mind and the body.

The cube, part II (20 minutes):

Hand out a new set of materials and ask participants to repeat the cube task, this time focusing on issues of personal concern (for example: future employability prospects, family life, health, etc.)

d) Brainstorming and debriefing (10 minutes):

Create a circle again and let the participants come up with 2 words, one standing for their initial state of mind and another describing their current mood and feelings. Have a brief discussion.

7. Suggestions or Tips for Facilitators:

- Be considerate about possible cultural differences of the people in the group
- Create a safe and comfortable working and studying environment.
- Stimulate creativity.
- The length of the meditation exercise depends on the number and disposition of the participants.
- Remind participants that this exercise is not about aesthetics, but about expression.
- Freedom of expression is vital - nothing is wrong, nothing is right. Encourage participants not to judge the other art works.

8. Debriefing and Evaluation:

- Do you feel any different after this experience?
- Do you think you have a better understanding of your real needs?
- Do you think you have new tools for motivation?
- What feeling do you get from looking at your cubes in the end?

9. Annexes: https://www.salto-youth.net/downloads/toolbox_tool_download-file-3279/THE%20CUBE.pdf

10. Sources of Knowledge:

SALTO - <https://www.salto-youth.net/>