

Cat and Mouse

 **Step:** One - Get Connected!

 **Time:** 45 min

 **Space and materials requirement:**

- A quiet space where participants could sit comfortably;
- A copy of the text for visualisation.

 **Description of the tool**

1. Inform the participants that you are going to tell them a story. They will need to follow your voice and imagine the things you are saying or asking.
2. Take a poster, divide it into two parts with a line and draw a cat on one side and a mouse on the other. Ask the participants about all their thoughts, feelings and actions when looking at the cat and the mouse. Write them down in the respective part of the poster.
3. Start a discussion asking:
 - Did you get into the role of a mouse and a cat? How did you feel as a mouse?
 - How did you feel as a cat?
 - What did you think when you were a mouse? What did you do?
 - In which situation did you feel weak?
 - In which situation did you feel powerful?
 - How do you understand the relationships of dominance and submission? Which one of those is more appreciated at in the society? Why?
 - Why do we like power? Why do we consider power to be sexy and weakness not?
 - Are people who do not enter into the cycle of dominance and submission admired in the society?
 - Who in the society is in the position of power? And who is in the position of submission?
 - What are the reasons for the people in submissive positions to be there? And why are those in power positions over there?
 - How can we create a space where power relations don't exist?
 - Where would you prefer to live - in a world where cats eat mice or where they can live together?
 - Who are cats and mice in your local community?

 **Annex: Text for the visualisation**

Breathe. Try to relax your body. Close your eyes. Make yourself feel comfortable.

I imagine I leave my classroom and go out from my school. There is a small road that I never took before. I decide to take it now. The small road goes to an old, abandoned house. I am at the door, I open it, and I get inside the house. I find a very large, dark room. I get to walk around the room, and my body starts shaking. I get smaller. I'm already the size of a notebook, and I'm still getting smaller. I grow hair all over my body, my teeth grow, and I realise that I have become a little mouse. How do I feel in the position of a mouse? How do I see the world from this position?

Suddenly, the door of the house opens, a big cat appears and begins to walk around the house. How do I feel? What do I think? The cat suddenly looks at me and starts walking in my direction. It is coming closer and closer. What can I do? How do I feel?

When the cat is almost by my side, my body transforms again. I become a cat, and the cat becomes a mouse. How do I feel right now? How do I see the world now when I am a cat? How do I see the mouse?

I decide what I will do with the mouse. Then I go ahead and do it. My body shakes again and begins to regain its form and size. After I have regained my shape and size, I leave the house and go back to school. I climb the stairs to my class and sit down...

Little by little open our eyes.