


## P-Action

 **Step:** Six - Reflect!

 **Time:** 45 min

 **Space and materials:**

- Notebooks or papers;
- Copy of reflection questions;
- Pens.

 **Description of the tool**

1. Ask the participants to find a comfortable space in the room, sit or lay down and close their eyes. With a soft firm voice, guide the reflection using the *Reflection questions*.
2. When everyone opens their eyes, allow for the participants enough time to write down their thoughts. After they complete writing, ask them to sit in a circle and encourage those who want to share their statements and their plan to spread it.

 **Annex: Reflection questions**

*Go back through your memories to the first day we started implementing the workshops. Do you remember your feelings and expectations?*

*Try to remember step by step, what we have been doing in each of the sessions.*

*Do you remember which activity affected you the most? Why? What happened there?*

*Or maybe was it a question that affected you? Made you reflect?*

*Think about a moment in which you felt good.*

*How are your relationships with the rest of the group after the workshops?*

*What has changed in you since the first workshop?*

*P-ACTION = Personal is political, which means that the change starts with us, and we can be an example for others by changing something in ourselves, in our own lives, following our principles and stating them out loud. We can make an important statement that can influence people around us. Therefore, please think what your P-Action is, what your personal statement after the workshops is and how you would like to share it with others.*

*When you feel ready, open your eyes and write your statement down.*