

## Reflecting on the reading Handout

In groups of two or three, look through the readings on the table. Choose a story, move to the next area and, with your partners, read it and then respond to how the story makes you feel by beginning what you say with one of the following:

- |                      |                            |                         |
|----------------------|----------------------------|-------------------------|
| 1) I wonder...       | 6) Amidst the....          | 11) My body speaks....  |
| 2) I feel....        | 7) I see....               | 12) I soften....        |
| 3) I am....          | 8) I breathe deep and .... | 13) I awaken to .....   |
| 4) This is....       | 9) Inside my heart....     | 14) I begin to move.... |
| 5) Standing here.... | 10) My mind is.....        |                         |

Now, looking at the passage, find a single physical action in the events described that truly embodies something from the list below:

- |  |                  |
|--|------------------|
| ~ loving while experiencing _____?   | humiliation      |
| ~ creating or appreciating beauty while experiencing _____?                | fear or terror   |
| ~ giving care while experiencing _____?                                    | loss             |
| ~ holding onto a connection to a person or place while experiencing _____? | isolation        |
| ~ finding resilience while experiencing _____?                             | loneliness       |
| ~ achieving victory while experiencing _____?                              | grief or sadness |
| ~ embodying strength while experiencing _____?                             | sadness          |
| ~ being clever and resourceful while experiencing _____?                   | bullying         |
| ~ laughing, finding humour, or telling a story while experiencing _____?   | anger            |
|  | deprivation      |

Once you have identified a physical action, turn to the **Be Creative!** Handout