

EXERCISE:

I Have the Power

FORMAT:

GROUP
EXERCISE

TIME: 30 MIN

REQUIRED MATERIALS: NONE

SUMMARY:

This is a seemingly simple, but very moving, exercise to support participants in recognising the power and strength they have within to keep themselves safe and well.

KEY EXPLANATION POINTS:

- Each participant sits in the middle of the room on a chair, with the facilitator behind him/her (the facilitator could put his/her hands on the participant's shoulders to offer support if that is culturally/contextually appropriate—remember that physical touch can be supportive or upsetting, so always ask permission to touch a participant).
- The participant is asked to tell the group the powers they have within themselves.
- When all participants have spoken, the facilitator explains that this exercise is: to remind you of how strong you are, and how much you have within you. So often we hear about power that is scary, destructive; this is about the power to keep ourselves strong and safe.

FACILITATION NOTES:

- Use this exercise at the end of the day, as a strong and positive closing exercise.
- While it is important not to limit the participants as they describe the power they have, as a guideline, facilitators could suggest they list 3–5 powers.