

# *BREAKING THE CYCLE OF VIOLENCE*



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MINISTRY FOR JUSTICE,  
EQUALITY AND GOVERNANCE

## SECOND SESSION - SELF AWARENESS WHO AM I?

- 5.00 - 5.15 Introductions - Ice breaker
- 5.30- 6.00 Brainstorming and discussing meaning of Values
- 6.00- 6.30 Break
- 6.30- 6.45 Activity - what would you do if
- 6.45 -7.15 Activity - Jars
- 7.15 Termination of session

# ICE BREAKER

- Assessing energy levels on the day
- Activity - you are going to be stranded on an island - to choose and prioritise on 5 items to take with you .

## Rationale

to understand what is important.

to understand importance of choosing deliberately and consequences.

# ACTIVITY WHAT WOULD YOU DO IF?

- Sharing of behaviours
- What would the others do? behaviour?
- Highlight values, strengths

# ACTIVITY JARS

- participants are given a set of values and statements to distribute in 3 given boxes according to respective importance

( very important, important and not important)

- results of outcome are discussed

Rationale

to put into perspective importance of individual and group values

## TERMINATION OF SESSION TWO

- winding down of session
- highlighting outcomes of session
- mindfulness