

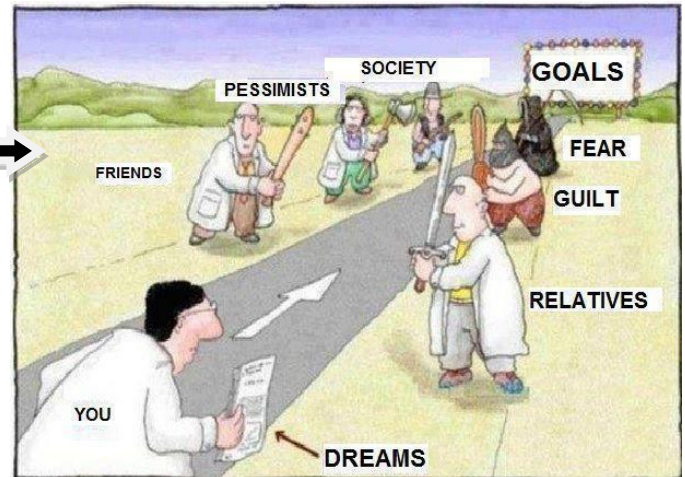


**Name of the activity:** Express Yourself

**Trainer:** Annan Ibrahim

**Description of the activity:**

- Experiential Learning
- Create a path of Obstacles as shown in the picture
- Participants have to face their fears and pass through the path of obstacles
- They have a dream in their hands that they wrote earlier; at the end of the path there is a target drawn that they have to reach holding their dream to become achieved goal
- Each participant passes individually till they all pass



**Objectives:**

- Try to express oneself by facing fears and the unknown
- Question one technique to overcome obstacle
- How does it feel to achieve a goal and what is next?
- What is a goal, a dream, a hope and a target?

**Used Materials:**

**Pillows, balloons, ropes, stands, people, boxes, empty plastic bottles and any item that can be used as an obstacle**

**Results Obtained:**

- Objectives were achieved
- Different techniques to pass the obstacles
- Fears that one can have whether before or after passing and achieving the goals.
- Sharing the experience

**Constraints / encountered difficulties :** none