

PATIENCE REFLECTION CIRCLE

1

INTRODUCTION

- Explore the concept of patience.
- Relate it to migration and acclimation.
- Emphasize its role in understanding, tolerance, and fortitude.

CREATING THE CIRCLE

- Form a circle for unity and inclusivity.
- Provide sticky notes and markers for personal narratives.
- Transform the circle into a space for shared experiences.

2

SHARING PERSONAL STORIES

- Use sticky notes for distilling migration stories.
- Create a vibrant flipchart with unique narratives.
- Weave a tapestry of resilience and patience.

3

OPEN DISCUSSION

- Transition to an open discussion.
- Allow participants to share, inquire, and empathize.
- Explore commonalities and distinctions in narratives.

4

REFLECTION ON PATIENCE

- Guide participants in a reflective discussion.
- Discuss the broader role of patience in migration.
- Highlight its significance in building resilience.

5

CONCLUSION

- Express gratitude for shared narratives.
- Acknowledge the strength in patience.
- Emphasize the ongoing journey of understanding and empathy.

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