

## *nurturing potential*



### Session: 'Freedom, Security & Comfort'

#### Pre-session Preparation

Copies of worksheets

#### Objective of the Session

Identifying and understanding what freedom, security and comfort mean to the group.

Two minute recap of last session.

#### Hand out 'Freedom, Security & Comfort' Session worksheet for personal notes

Ask children to write their name, date, and session number on the top of the sheet

#### Point for Discussion;

All people have the right to be free. For everyone to be free, everyone has to respect the rights of others.

Discuss the descriptions of the following and why they are important:

Freedom:

Security:

Comfort:

#### Exercise

Working in small groups, max 5, ask participants to create a list of rights which everyone could have that do not have a negative impact on the rights of others.

#### Exercise – 20-30 minutes

Ask groups to feedback their ideas to the class – challenge/debate their ideas and question where there may be consequences for others.

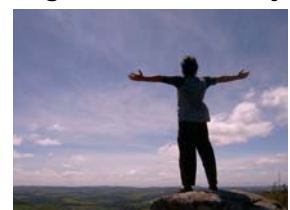
What responsibilities do we have to be aware of for everyone to experience the right to freedom, security and comfort?

For example – what responsibilities come with having a pet, younger sibling etc, so that they can experience the rights to freedom, security and comfort?

#### Session Close – Last 5 minutes Relaxation & Time Out

#### Close session

Session adapted from exercises on Human Rights and Rights and Responsibilities, "Living Values Activities for Children Ages 8-14", Diane Tillman



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|------------------------|--|
| <b>Name:</b>           | <b>Date:</b>   |
| <b>Session Number:</b> | <b>Session Name:</b><br><b>Freedom, Security &amp; Comfort</b> |

Identifying and understanding what freedom, security and comfort mean to the group.

**Point for Discussion;**

All people have the right to be free. For everyone to be free, everyone has to respect the rights of others.

**Exercise**

Create a list of rights which everyone could have that do not have a negative impact on the rights of others.

What responsibilities do we have to be aware of for everyone to experience the right to freedom, security and comfort?

