










First love practice

 TIME	<p>30 - 45 minutes.</p>
 No.	<p>Adaptable for any number of participants</p>
 MATERIALS	<ul style="list-style-type: none"> • Pre-written cards: Gabi (boy), Gabi (girl).
 OBJECTIVES	<ul style="list-style-type: none"> • To explore situations related to love and intimacy and feelings it might provoke.
 INSTRUCTIONS STEP BY STEP	<ol style="list-style-type: none"> 1. Participants are asked to look inward, they can also close their eyes. 2. Everyone gets a card. Write so that half of the participants get the same sex and half the "Gabi" card of different sex. 3. Let's be clear at the beginning: this "first love" game, Gabi (who is on the card) is your love! 4. Then we start telling a story, a completely ordinary story of what happens to you and Gabi, your love. 5. We list 9 events. For example, you introduce him to your parents, you go to a house party, you kiss him on the train, you want to get married, you want a child, etc. - for every statement, put X on paper when you fill these things with joy, a positive feeling. If you have the slightest howl imagining the scene in you, don't do X. 6. Inside, listen to your emotions!

	<p>7. In the end, everyone stands up. Whoever has 9 X sits down, then whoever has 8, who has 7 and so on. 1 or maximum 2 remain standing. Debrief: how it feels, we'll discuss.</p>
 <p>DISCUSSIONS</p>	<ul style="list-style-type: none"> • How did different situations feel? • Was there situations that provoked any unwanted feeling? • How could the situation be changed, what was needed or missing in order to feel good?
 <p>HINTS</p>	
 <p>THIS ACTIVITY ONLINE</p>	<ul style="list-style-type: none"> • Not applicable
 <p>THEORY</p>	<ul style="list-style-type: none"> • Not applicable