

Toolkit 1 - Learning Unit 4 Post-intervention

Activity 2 The inner aspects of a sense of belonging



Training

A table of **positive qualities** to be completed.

Consider your recent intervention and team work and think on your sense of belonging – what it gives to you?

How much do you have due to being a part of a group/team? (scale from 1 to 5):

openness
courage
patience,
responsibility
better self-awareness
authenticity
acceptance,
creativity
in-depth contact
motivation
control of emotions
assertiveness
cooperation
support system

If possible please have a look at the list you had completed *before intervention* – compare with the list that you've just completed. What has changed?