

## **Toolkit 1 - Learning Unit 4 Pre-intervention**

### **Activity 2A The inner aspects of a sense of belonging**



**Training**

Now look at the list you made in activity 1A and try to identify what you are getting from participating in these groups and what your contribution is to the group.

Please round the traits below or write down your own traits:

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

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