




The picture exercise

Length		20 minutes
Difficulty		Medium
Group size		Small to medium
Aim	<p>To help participants reflect on what freedom of religion or belief (FORB) means to them personally and to encourage them to share that with each other in a non-threatening manner.</p> <p>To see and respect that faith means different things to different people, but the freedom to believe what you want is important to everyone.</p>	
Description	A reflection and discussion based exercise using pictures to get people thinking about what freedom of religion or belief means to them.	
Materials	Separate tables or spaces for the groups to gather and look at the pictures Printed copies of the collages or other pictures in colour. A safe and respectful atmosphere and open minds.	
Source	Stefanus Alliance	

Tips for facilitators

NB! If some of the participants have read or done this exercise before, they should not participate. Their previous knowledge may prevent the intended experience of withdrawal and isolation to take place.

Outline and instructions

Group work	10 minutes
Plenary discussion	10 minutes (depending on the size of the group)

Divide the participants into groups of 5-8.

Hand out a number of pictures or postcards to each group to each group and let them look at the pictures for a while, thinking about the following question:

What does freedom of religion or belief mean to you?

After a while ask each person to mentally pick one picture that symbolises their feelings and thoughts when they think of religious freedom. Ask them to share which picture they chose and why with their group.

Gather all groups together and ask a few volunteers to share which picture they chose and why. Stress that there are no right or wrong answers.

Discuss together:

- What did you feel?
- Was it difficult or easy to choose a picture? Why?
- Did other people's reflections bring something new to your mind?

Thank everybody for sharing their thoughts and underline the beauty of the spectrum of reflections that have been presented. FoRB is important for everyone in different ways, because it is so essential for people to think and believe what they want.