

# MY BACKPACK IS FULL OF...

Closing Activities	Duration	No. of participants	Short Description	Preparation	Materials
Reflection on learning	30-45 min	2-25	Participants illustrate what they have learned	None	A3 sized sheet of card for each participant Pens in different colours

## ACTIVITY AIM:

**Activity Type: Creative, Reflection**

- To provide the participants with room to reflect on what they have learned
- To share and sum up lessons learnt during the course
- To experience a feeling of closure

## HOW:

### 1. INTRODUCTION

Tell participants to draw a picture of themselves carrying a big backpack filled with everything they have learned about human rights in the session or course.

They should draw the backpack containing all the elements they would like to carry home with them and on through life.

### 2. DRAWING THE BACKPACK

When drawing the backpack they should consider everything they have already learned and wish to keep; things such as books, pictures, feelings, people, ideas, new ways of perceiving the world, tools and competencies they have gained throughout the course or values and attitudes/positions.

They can also draw things they wish to leave behind; things such as bad habits, old ideas, difficult moments, bad teaching environment, fatigue etc.

Provide each participant with an A3 sized sheet of card and different coloured pens and give them 20 minutes to draw the backpack and consider their choices.

### 3. SUMMING UP & REFLECTION

When the participants have finished drawing ask them to present their backpack to the rest of the class in turn.

Their presentations will provide you, and not least the participants, with an overview of what they have learned during the course and it will give you an overview of what you could consider including in coming courses.