

FLYING

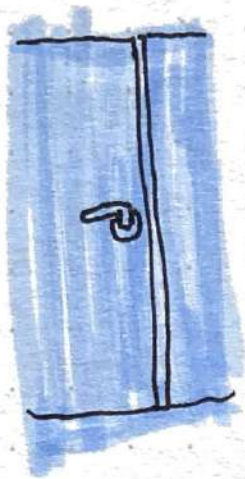
GIRAFFES



NVC for YOUTH WORK

a PROJECT by:
MUDITA FOUNDATION
@ FUNDACJA. MUDITA

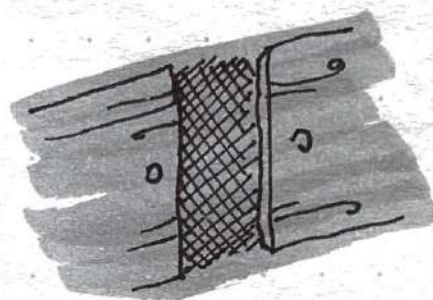
PICK



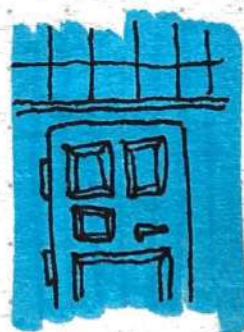
A



DOOR



AND



INTRODUCE



BAR

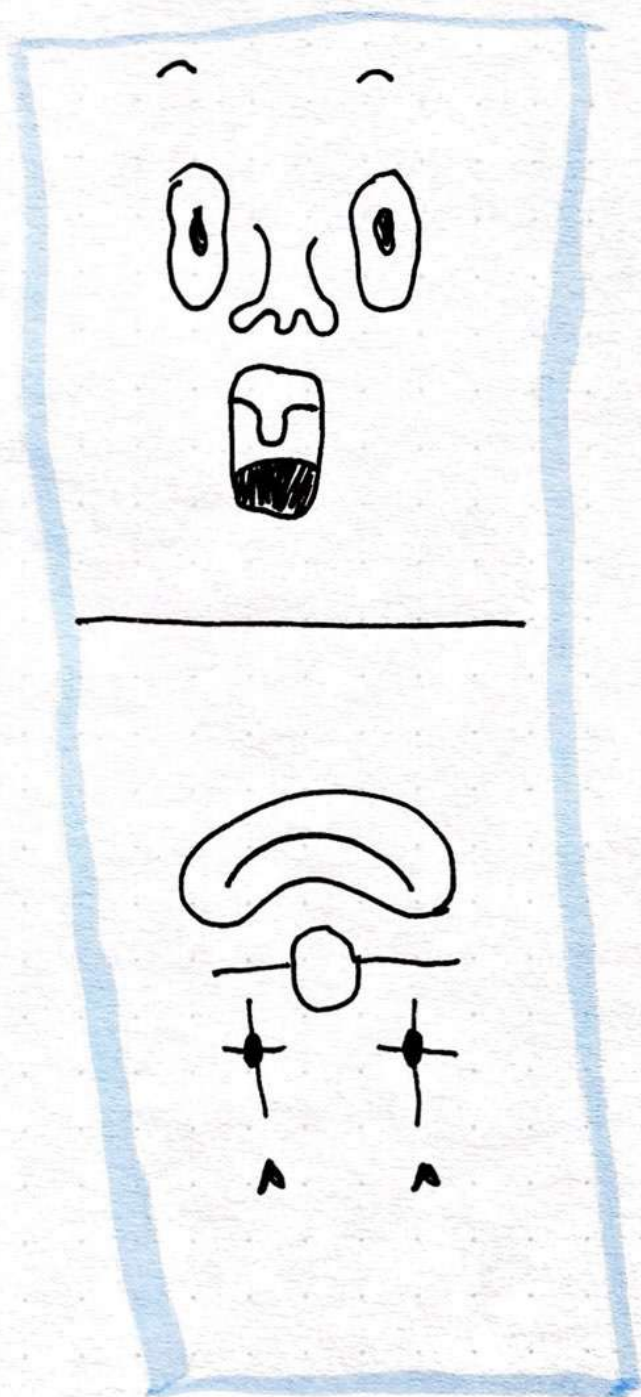
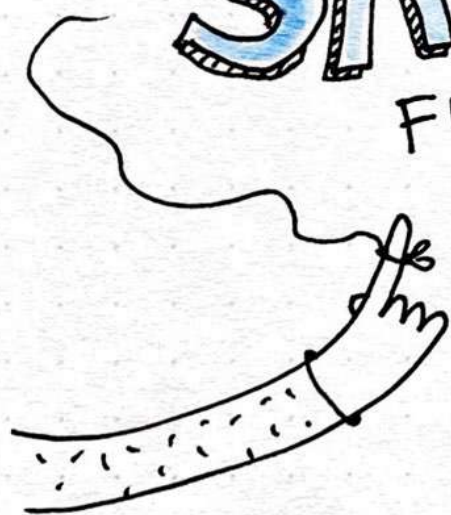


YOURSELF



#FLYINGGIRAFFES
@ILARIAVISUAL

TO BE
ABLE to
PLAY,
YOU, WE, NEED
to **FEEL**
SAFE
FIRST



COMMUNITY AGREEMENTS



HOW TO
MAKE it
more PLAYFUL ?



Gather
in smaller
groups &



Sing
them loud?!



short
theatre
sketch
and then
TALK in big
group?!



always SPEAK in PLENARY to FIND the
COMMON GROUND

in NVC:

EMPATHY

OPENESS

CURIOSITY

ACCEPTANCE

#FLYINGGIRAFFES

@FUNDACJA.MUDITA

✎ @ILARIAVISUAL

🐘 NOMADWAYS

SPA

SELF-REGULATION

breath
ear open
to the
surrounding



how do
you RELAX
yourself?

Set
TIME
for WHOLE
TRAIL and
for EACH
STATION

REFRESH
NVC PRINCIPLES

CIRCUS of EM[♥]TIONS

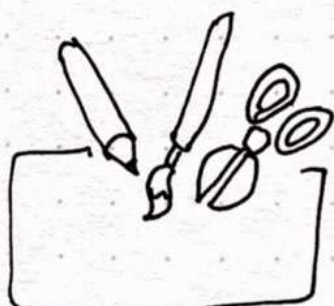


one
MIME and
the others GUESS

CHACALL CAFÉ

Tell
complains

maybe
your need
is...



CREATIVE CORNER:

choose - 1 value
 - 1 need
 - 1 symbol

create
a FLAG

FIND
THINGS in
COMMON

• one
thing
that
amaze
you

GIRAFFE LISTENING

- one ~~thing~~ game
you loved playing
as child
- one thing who
~~make~~ brings you
Joy

no interrupt
3 min
per
person
1

#FLYINGGIRAFFES

LIKE if WE WERE
a CITY



JAAK
PANKSEPP:

mammals
life energy
passes through

CIRCUITS of EMOTIONS and MOTIVATIONS

-neurotransmitters-



CARE

OXYTOCINE
CIRCUIT

**PANIC
GRIEF**

RAGE

CORTISOL
CIRCUIT

PROTECTIVE
≠
PREDATORY

**LUST
& SEXUALITY**

SELF-CONNECTION
PASSION

SEEKING

DOPAMINE
DOER
CIRCUIT

WE NEED
to ACCESS
ALL of
THEM

if one is blocked,
some others can be
unaccessible as well

FEAR

ANXIETY
STRESS...

PLAY

alive ALL
LIFE LONG
ENDOCANNABINOIDS
CIRCUIT

DISGUST

#FLYINGGIRAFFES
@ILARIAVISUAL

WINDOW of WELCOME

- SARAH PAYTON -

The **CAPACITY**
of a person to
WELCOME ≠ Levels
of **INTENSITY**
and **Kinds of**
EMOTIONS

OF
OTHERS
around
US

OUR
OWNS

for ≠ reasons

- cultural
- family history
- personal



When we
don't have access to
some
circuits,
we can
SEEK for
EXTERNAL
WAY

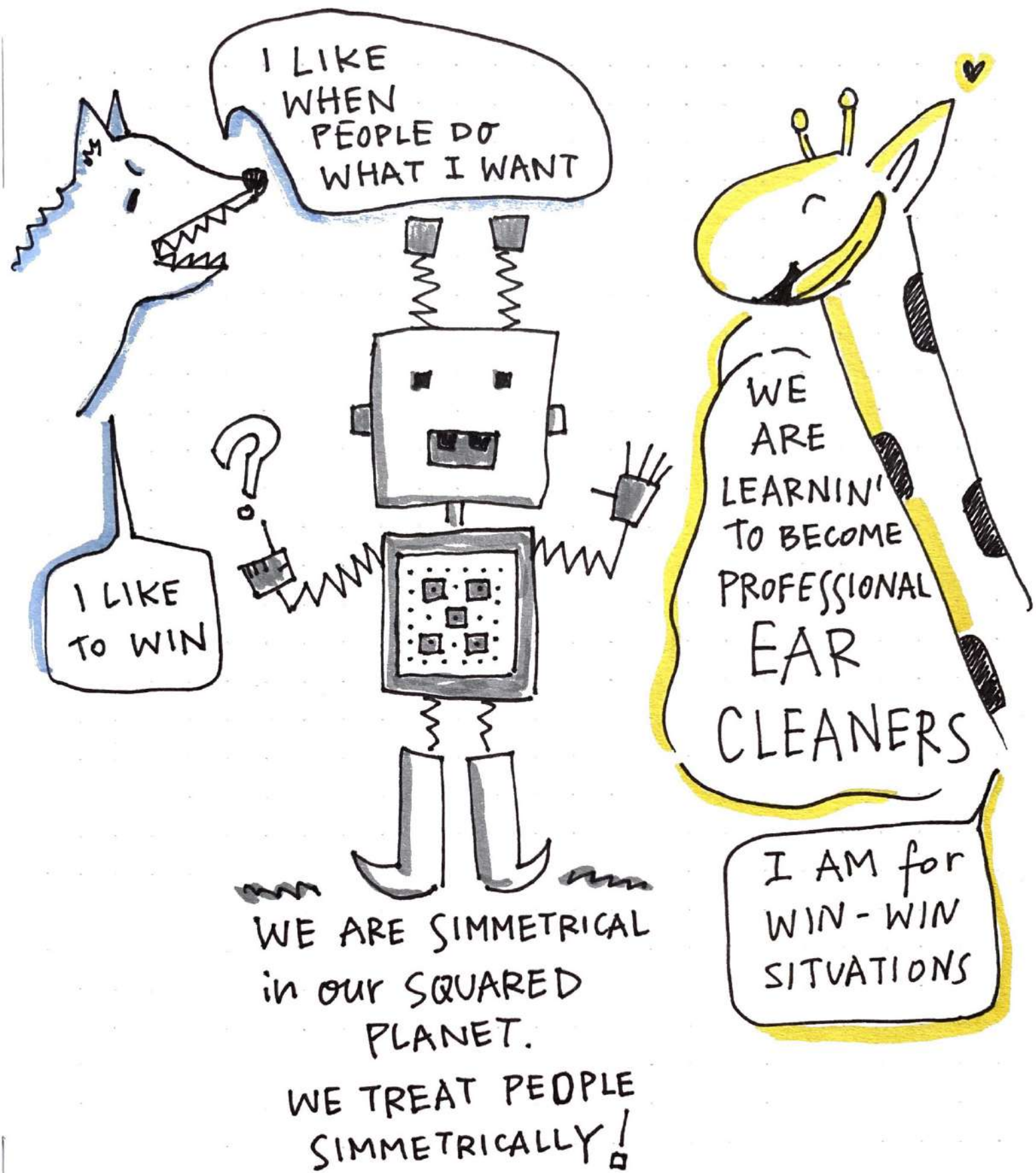


to **OPEN** it
that can be
even **HARMFUL** or
AGAINST our **VALUES**



Look at
LIST of DRUGS
connected to **CIRCUITS**. E.G.

Alcohol:
access to
PLAY
Sugar: to
CARE





FREEZE

FIGHT

Flight

FAWN

- appease as a survival strategy -

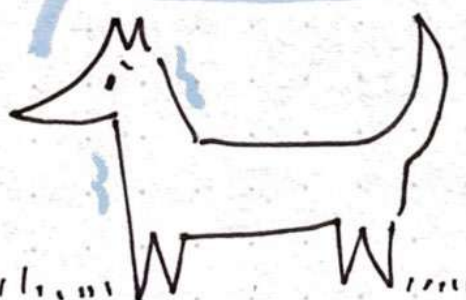
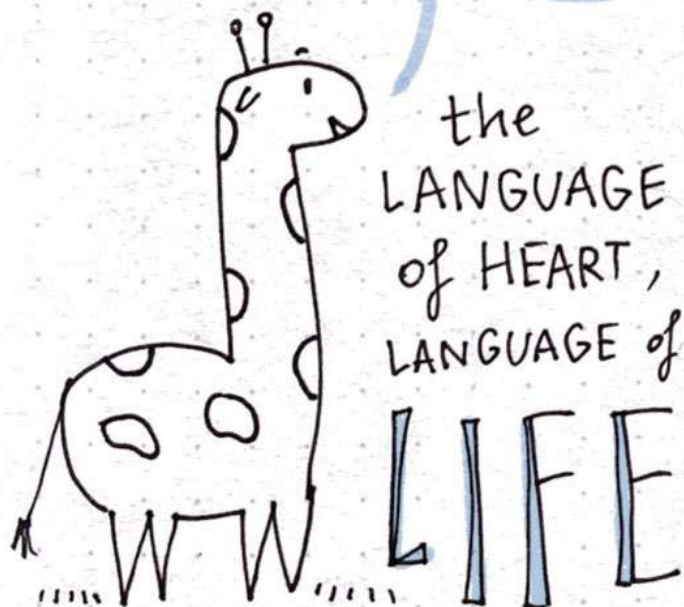
THE GIRAFFE WAY

I'M NOT NICE,
I'M AUTHENTIC! *



RIGHT -
WRONG
VISION

I LEAVE IN
a WORLD of
BLAME



#FLYINGGIRAFFES

CONNECTION before CORRECTION

WHY am I
saying
this



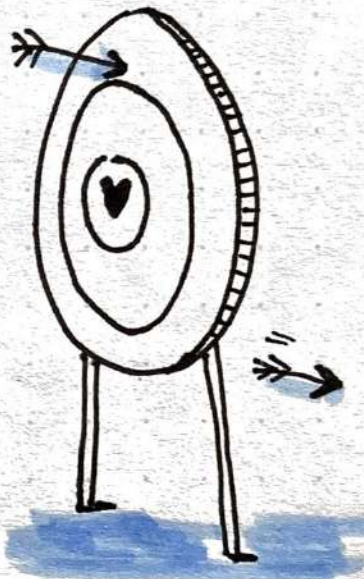
WHICH is
MY INTENTION

Why

Am

I

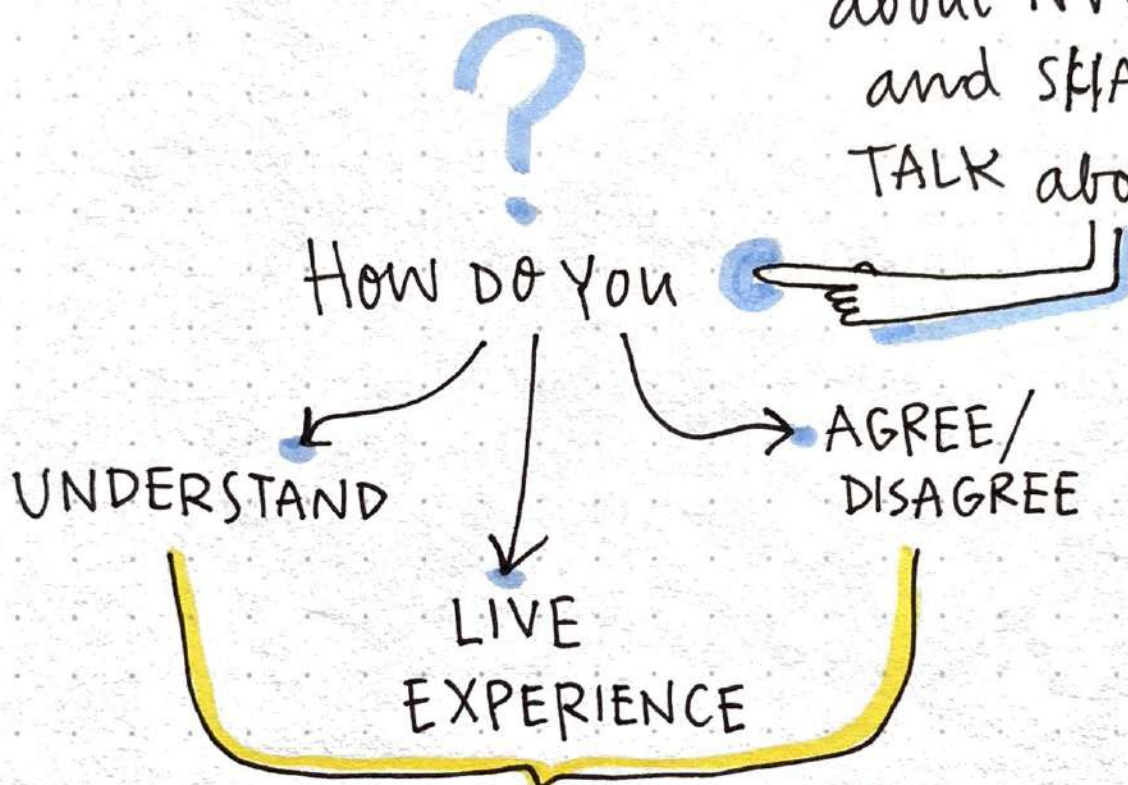
Talking



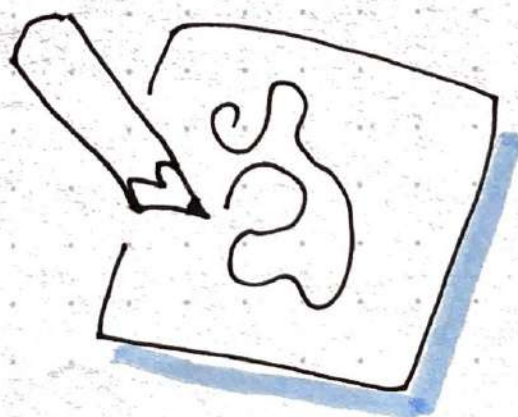
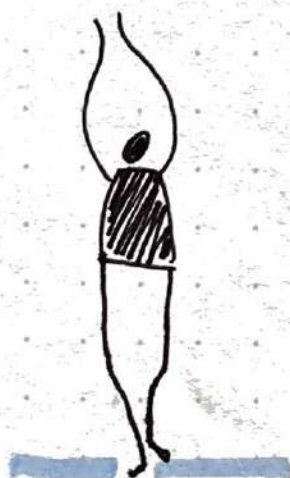
NVC for Youth Work
FLYING GIRAFFES

CONVERSATIONS NVC

WALK AROUND
in PAIRS, find the
12 ASSUMPTIONS
about NVC
and SHARE,
TALK about



WHAT is the ESSENCE of NVC for you?
you can
express your
thought differently



in NVC , CORE QUESTIONS:

1. WHAT is ALIVE in YOU and ME ?
2. WHAT CAN WE DO to MAKE
our LIVES more BEAUTIFUL ?

FOR **EMPATHY** is
GIVING your ATTENTION
to ANOTHER PERSON,
silently or verbally,
GUESSING their FEELING & NEEDS..

 the AIM is CREATING
SAFE SPACE  being open to
WORDS , FEELING , NEEDS of other
person , without finding STRATEGY to
the problem !

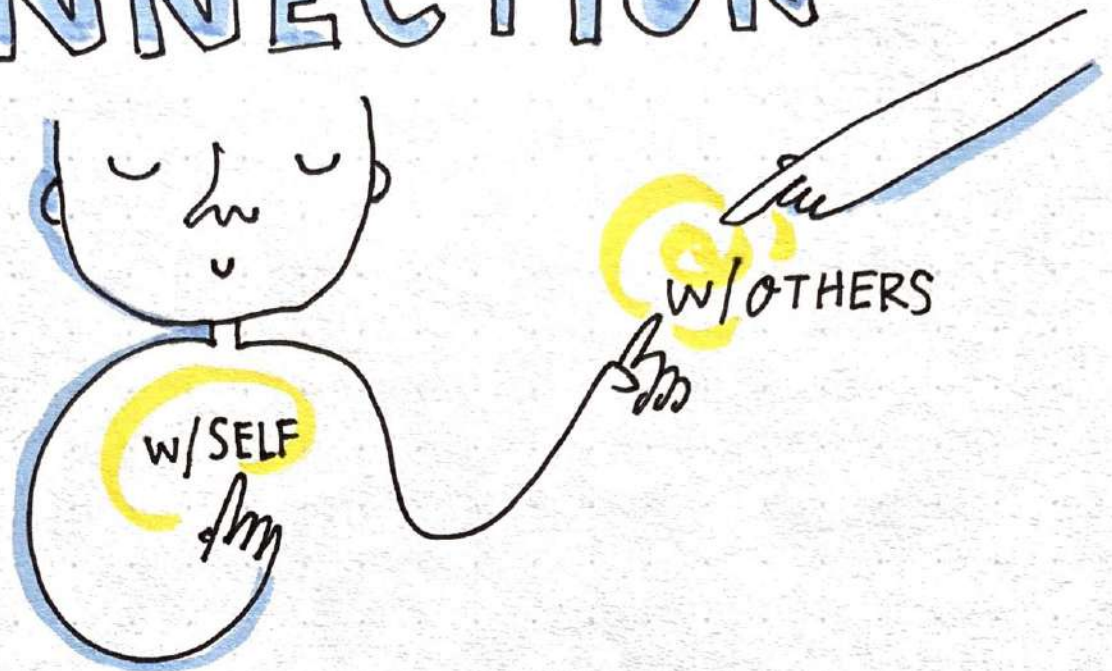
EMPATHIC LISTENING

1. LISTEN for 3min.
SILENTLY

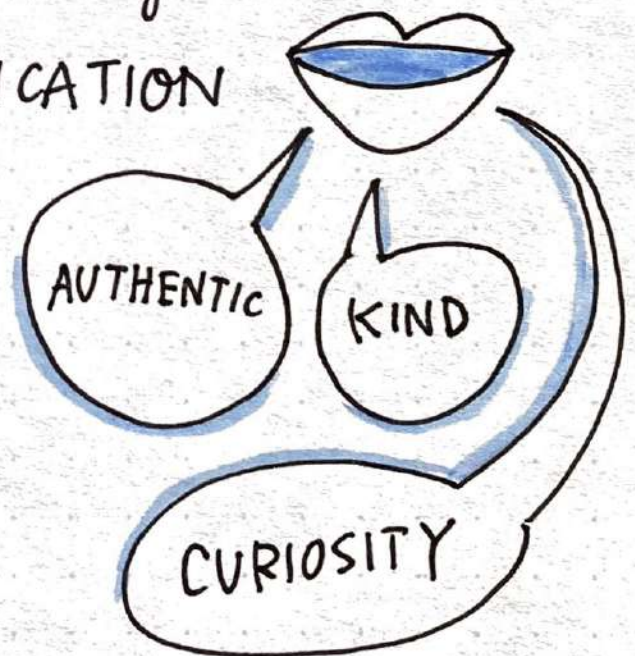
2. PARAPHRASE what
you heard

3. GUESS FEELINGS
and NEEDS behind
them.

CONNECTION



NVC is a SELF-AWARENESS
practice that passes through
COMMUNICATION



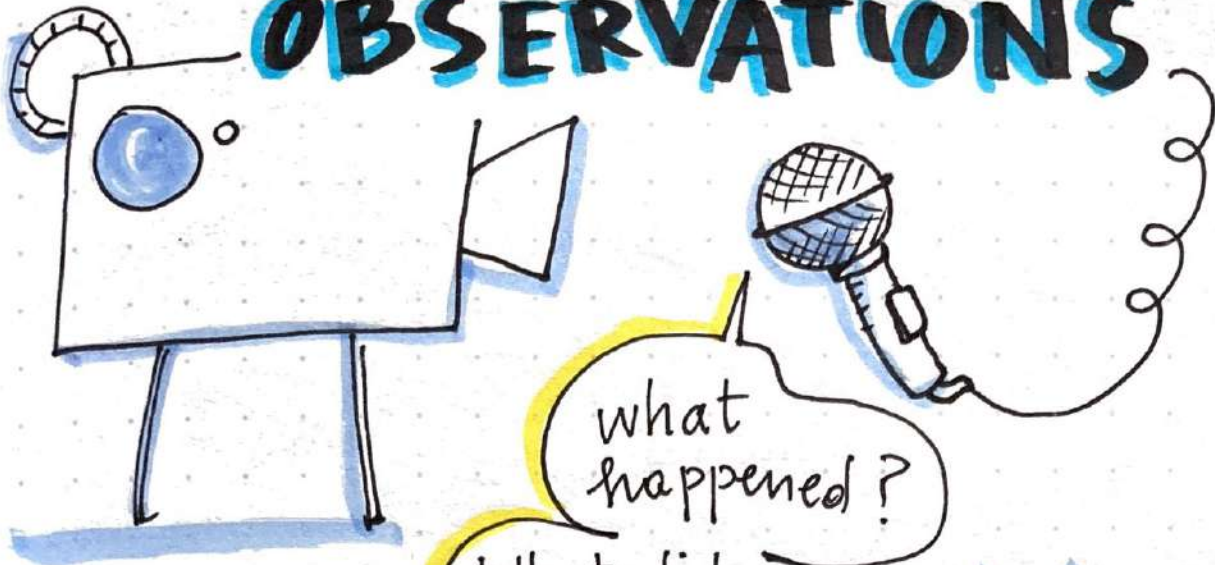
AM I SAFE?

DO I MATTER?

AMIGDALA

the reptile
emotional
archive

OBSERVATIONS



what happened?

What did someone DO or SAY?

When I/You see/hear/remember...

DESCRIBE
FACT
as they happened

SEE
THINGS as
They ARE
- Videocamera -

"QUOTE"

HEARING
things
as THEY ARE
- microphone -

VS JUDGMENTS

THOUGHTS

LABELLING

- INTERPRETATIONS
- DECIDE WHO IS RIGHT/WRONG/TO BLAME...

ANALYSES

25 + Y.O. ACTIVITY

PP LIVING STATUES 29

GROUPS of 4 iii

we give ROLES and a

ACTORS
x2

TELLER

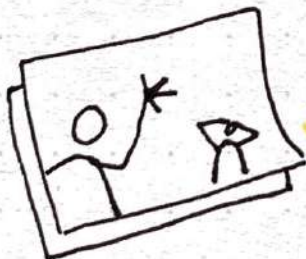
WRITER



#FLYINGGIRAFFES

13-15 Y.O. ≈ 45'

1



SHOW an
IMAGE
to CLASSROOM



2 Give
POST-IT
and ASK to
Write a SHORT
SENTENCE
to DESCRIBE
What they SEE
and put it
on a COLUMN
as they understand
them

Facilitate
discussion
to check
sentences

Close by
asking ≈
"When in your
life you receive/
give JUDG.?"

7 Invite to
WRITE a short
sentence that
goes to the OPPOSITE
column of the
first post-it

EXPLAIN
≠ between
JUDG./OBSERV.

JUDGMENT  OBSERVAT.

6 Facilitate
a discussion to
check they are
in their own
columns

5 ASK if they
want to MOVE
their Post-it from
a column to another



20-23 y.o. ⌚ $\approx 1h$

Introduce $\neq$ between
OBS. and JUDG.

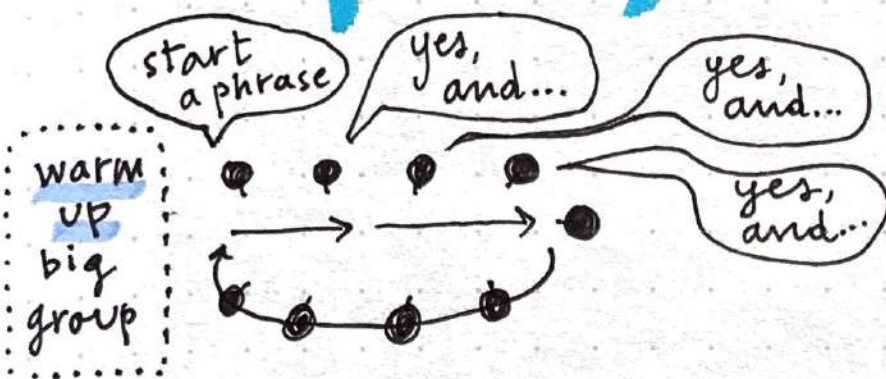
and ask to create
through ART



a ~~SITUATION~~ SITUATION
and express it in
the 2 $\neq$ WAYS (OBS. & JUDG.)

#FLYINGGIRAFFES

YES, and...



build on the phrase of the other before you

Possible directions* for the story

WHAT
WHERE
WHO (relationship)
MISSION

*ANCHORS
to support people
CREATE the STORY

FREEZE | **CHANGE**

twist plot guided from facilitator

TASK: IMPRO DUO

"TITLE": the facilitator write it



OBSERVATION



JUDGMENT



FEELING

Impro Team of participants write these and need to INCLUDE them in the performance

REFLECTION QUESTIONS

1. WHAT TOUCHED YOUR HEART TODAY /
in THE ACTIVITY?
2. WHAT HAVE YOU LEARNED ABOUT
YOURSELF / OTHERS / NVC?
3. WHAT FEELINGS & NEEDS ARE ALIVE
IN YOU RIGHT NOW AS YOU INTEGRATE
YOUR EXPERIENCE?
4. WHAT STANDS OUT TO YOU THAT YOU
WOULD LIKE TO REMEMBER?
5. HOW CAN YOU USE WHAT YOU HAVE
LEARNED / EXPERIENCED IN YOUTH WORK?

SELF-RESPONSIBILITY

IF YOU HAVE UNMET NEEDS, IS THERE ANY
REQUEST YOU WOULD LIKE TO MAKE?

FEEDBACK

IS THERE SMTH ABOUT THIS DAY / ACTIVITY THAT
WORKED / DIDN'T WORK YOU WOULD LIKE US TO KNOW?

FEELINGS



ARE
SIGNALS, in our B  DY,
our **NEED**
are **UN/MET**
in this moment

they can change
w/ time, situation...

GO VERY FAST
from feelings
to NEEDS,
then to REQUEST!

that's
WHY we
ASK in NVC:
"What is
ALIVE in
You RIGHT
NOW?"

EXERCISE
w/ GAMES!

in BUSINESS
environment

WHEN YOUR
BODY SAYS
"NO,"

SPEED
TALK
pick
a sentence

CHACAL GIRAFFES

throw
the BALL while
say CHACAL phrase, the receiver
GUESS the NEEDS
behind

NEEDS



are LIFE MANIFESTING



they
are
UNIVERSAL



all beings
share the SAME

R O O T S
of our CONNECTION

CONFLICTS

arise
when we
think there is
ONLY ONE WAY
to take care
of a NEED



from CONFLICT to DILEMMA

it's more because of LACK or INSUFFICIENT
DIALOGUE & CREATIVITY, than
a scarcity of resources!

REQUEST



When make a REQUEST

ACTION

CONTRACT

☐ DOABLE

☐ EXPRESSED in PRESENT TIME

☐ in POSITIVE LANGUAGE (AFFIRMATIVE)

VS DEMAND

= USING GUILT, SHAME, FEAR, INDUCING words to achieve one's goals
 = suggesting there is NO CHOICE

Tune in-out exercises

IMPRO

- COSTIN -

CLAP CLAP
FEET



1-2-3



FASTNESS
WALK

WAIT
the invitation
to be finished
before do it

~2 3 4 5
1
embody

emotion

⚠ to choose
low triggering
emotions, if
you don't want
to open doors
of therapy

animal

WALK w/out
interacting
w/ others

~~NOTICE~~
~~NOTICE~~
NOTICE
in your
body,
then look
at others and
NOTICE how
their body
react.

FREEZE
and share
what you
OBSERVED the
emotion manifested
in the BODY of yours
and others

FREEZE,,

Keep 4 ~ 20'
observe
discomfort &
BREATH
as we do
in life

See me beautiful



SEE ME BEAUTIFUL

LOOK FOR THE BEST IN ME

IT'S WHAT I REALLY AM

AND ALL I WANT TO BE

IT MAY TAKE SOME TIME

IT MAY BE HARD TO FIND

BUT SEE ME BEAUTIFUL

SEE ME BEAUTIFUL

EACH AND EVERY DAY

COULD YOU TAKE A CHANCE

COULD YOU FIND A WAY

TO SEE ME SHINING THROUGH

IN EVERYTHING I DO

AND SEE ME BEAUTIFUL



VISUAL NOTES by

@ILARIAVISUAL

for the French Partner
9 NOMADWAYS

RIGHT OF USE UNDER
CC BY-NC 4.0 



taken during the
Erasmus + Training Course
"FLYING GIRAFFES"

a PROJECT by:
MUDITA FOUNDATION
@ FUNDACJA. MUDITA