



# Small Steps up the Mountain

Activity from “Singing to the Lions”

## **Facilitator Note:**

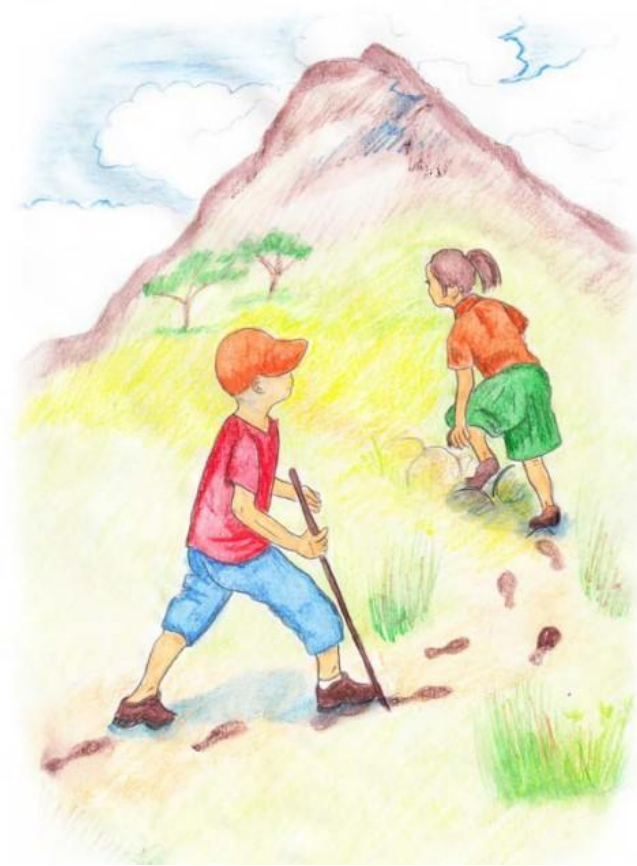
This section provides participants with a sense of renewed strength and hope. When we are in a process of change, we think about what we want to let go of, what we want to keep and honor about ourselves, and what we can do to ensure a better future. In doing this, all of us have to set priorities for how we want to think, feel and behave.

## **Activity Description:**

Through guided questions, a visual depiction, and an interactive activity, participants will be able to critically think through difficult situations and discuss how they might get through them.

## **Reflection:**

Sometimes the problems we face seem so big that we feel that we can never get to the top and solve them. But if we can think about just the first steps we have to take, we will feel better because we have done something. We may not solve all the problems in one try, but we have started the climb. Afterwards, taking the next small steps up the mountain may become easier to do.



**Purpose:** To help participants identify the small steps they can take to overcome the feelings of powerlessness they may have when faced with violence, abuse, or hardships.

*These steps may not change the whole situation but they can help get us closer to the top of the mountain and we feel that we have a little bit more power over our lives.*

# Activity Details

Time Duration: 60 minutes

## Beginning discussion (15 minutes)

*The facilitator starts by drawing a big mountain on a flipchart size piece of paper to physically visualize the small steps needed to get up the large mountain side.*

Explain this idea with a visual in reference to the drawn mountain. An example could be referring to the ceiling as the top of mountain we are trying to reach. While at the bottom, it is nearly impossible to touch the top, however if there are small measures taken, it may be easier to get to the top of the mountain. Instead of jumping to touch the top, mention that there are tools one can use to make the tough reach easier, like a ladder or step stool.

**Facilitator says:** Think of a problem in your life that is very big and difficult to change.

What is the smallest thing you can do to make a difference in a situation you cannot change?

**Note all of the responses.**

## Interactive Drama (35 minutes)

- Start by dividing all participants into smaller groups for easier interactions
- Instruct each group to plan a 3-5 minute drama where they can demonstrate how through small steps, they were able to respond to a difficult situation.
  - Have each group explain what the situation is before they start their demonstration. The issue can be personal or involve a social justice related issue they wish to solve.
  - If the groups prefer, they can perform a song or poem instead
- Have participants in the audience identify what the small steps were that the groups took to solve their scenarios.

## Concluding Convo (10 minutes)

*End with a discussion about what the group learned from the activity! Ask how taking small steps towards solving issues can help towards progress.*

