



COMMUNICATION

THIS OBSERVATION MADE MY DAY

Your task is to observe different types of conversations over the next few days among your fellow inmates and staff:

- What questions are asked?
- How do the people involved react?
 - What is the outcome?
- What is working well in those conversations?

Observation is the first step! The more you observe, the more you will understand the dynamics of communication, helping you interact more effectively.

THIS PREPARATION MADE MY DAY!

Before engaging in a conversation,
take a moment to reflect on your state
of mind and emotions:

- Pay attention to your body,
do you feel any tensions?
- What state of mind are you in?
- What emotions do you recognize?
Would it be useful to let the other
person know how you feel?
How could you communicate that?

***Sharing your state of mind and
emotions with others can foster
better mutual understanding
and reduce conflicts.***

THESE EMOTIONS MADE MY DAY

Name all the emotions that you experienced during the week, whether during interactions, activities or moments alone.

Make sure you are naming emotions and not your interpretations/thoughts about the emotions.

We haven't been taught to name our emotions, which means the practice is necessary to become better in recognising what is happening inside you. This increases your emotional awareness and improves your ability to express yourself constructively.

THESE NEEDS MADE MY DAY

Before an important conversation sit down and reflect on your feelings and needs. Which of them would you like to express and communicate to the other person?

How would you do it?

Consider what you hope to achieve from the conversation.

Identifying your own feelings and needs before the conversation helps to communicate more clearly and assertively, leading to better outcomes.

THESE QUESTIONS MADE MY DAY

This week, practise asking more questions when talking to others, whether inmates or staff.

You can use the questions below:

- What do you mean when you say that?
- What are your needs in this situation?
 - How do you feel about that?
- What would you like to do instead?
 - What is your suggestion?

Asking questions shows interest in the other person's perspective, it prevents you from guessing and misinterpreting their needs and intentions.

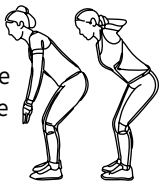
This leads to deeper understanding and stronger relationships.



BODYWORK

THIS BALANCE MADE MY DAY!

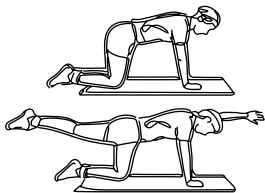
Stand with your legs about hip-width apart and slight bend in the knee joint. Bend your upper body forward. Move your arms out to either side so that they are roughly in line with the shoulders while squeezing the shoulder blades together. The upper body is kept in the same position throughout the exercise.



Promotes mental focus and body awareness. It strengthens and stretches your core, upper and lower body.

THIS EXERCISE MADE MY DAY.

- Stand on all fours with palms and knees on the ground.
- Extend left arm and right foot, then right arm and left foot.
- Repeat 8–12 times.



Diagonal raises enhance coordination and cognitive function. It's a good exercise for the back, stomach, butt, thighs and hips.

THIS RELAXATION MADE MY DAY!

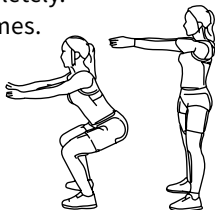
- Lie on your back with your body straight. Breathe in deeply, and bring your right knee towards your chest as you exhale.
- Grasp the knee or shin and press the knee lightly against the chest. Hold the position while exhaling and inhaling 10 times.
- Place the leg down while exhaling.
- Repeat the exercise on the opposite side.



***This exercise is good for
relaxation and stress relief.
It stretches the muscles in the
back and at the back of the thighs.***

THIS DETERMINATION MADE MY DAY!

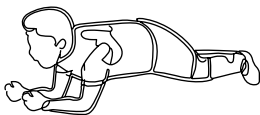
- Stand upright with your legs shoulder-width apart.
- Sit down without touching the floor.
- Sit for 1 second.
- Stand up completely.
- Repeat 8–12 times.



***Squats boost mental resilience
and determination. They
activate the large muscle groups
in the legs, seat and back.***

THIS STABILITY MADE MY DAY!

Lean against a table or sofa with straight arms. Do pushups by bending over the elbows. Return by extending the elbows again. The exercise is made more difficult by going down further or putting the feet further back.



***Planking enhances mental
endurance and stability.
It strenghtens the core muscles.***



mindfulness, trust, reflection, focus, passion, thankfulness, creativity, self-compassion

ARTS & CRAFTS

THIS RELAXATION MADE MY DAY!

Sit in a quiet place where you feel comfortable and take a pencil/pen and a piece of paper. Think about something that matters to you or occupies your mind. It can be a thought, a feeling, or a memory. Start with drawing light strokes, bringing your thoughts to paper. Let your creativity flow – there is no right or wrong.

This creative activity helps you relax and organize your thoughts. It can positively influence your mood and energy.

THIS PRESENCE MADE MY DAY!

Take a moment to be fully present.

Find a blank sheet of paper and a pencil or any drawing tool you have.

Allow your mind to wander and start scribbling without any specific intention or thought. Let your hand move freely across the paper, creating shapes, lines, and patterns.

This activity encourages mindfulness and helps you to be present in the moment.

THIS CREATIVITY MADE MY DAY!

Begin by drawing abstract shapes and lines. Let your hand move freely across the paper without a specific plan. Try different techniques such as shading, hatching, or stippling to add depth and variety to your drawing. Play with wet and dry effects if you have access to water.

This activity stimulates your creativity and helps you relax.

It promotes the release of endorphins and reduces stress.

THESE PAINTINGS MADE MY DAY!

INSIDE: Close your eyes and draw a circle. Let the pencil circle and follow your thoughts.

OUTSIDE: Open your eyes and draw one or more intertwined circles.

Think of family, friends, idols and draw something abstract or symbolic in the circles.

Take a moment to reflect on what you have drawn.

This activity helps you understand and express your inner thoughts and how they connect with the outside world.

THIS JOURNEY MADE MY DAY!

Take a moment to consider what being human means to you. Let your thoughts come naturally. Draw with a pencil whatever comes to your mind when you think about being human. This can be a person, an emotion, a symbol, or anything that represents humanity to you. If you're comfortable, share your thoughts and artwork with others.

This activity is a personal journey that helps you confront and appreciate the essence of being human.



MENTAL TRAINING

THESE MOMENTS MADE MY DAY!

Take a breath
Watch your breathing...
“in and out”...
for 1 to 3 minutes.
See and feel the difference!

*Small things make
your life great again!
The “WOW- effect” produces
the happiness hormon
“dopamine” in your body.
Recommendation:
15 “WOW’s” a day.*

THESE PEOPLE MADE MY DAY!

To whom could I praise/make a compliment/thank today? Try to express it. How was it possible for me to do that? How do I feel now? In which way did the other person respond? Imagine this moment of “brotherhood” internally and watch your breathing. See the difference and feel: You are not alone!

By feeling connected with other people to whom you trust, your body produces the happiness hormon called “oxytocin”.

THESE THOUGHTS ABOUT MYSELF MADE MY DAY!

What are good things I and others tell about me? Which talents do I have? What am I proud of? What gives me courage and security? My golden formula: "I am O.K.!" / "Whatever I set out to do, I achieve!" Keep your golden formula in mind. With every breath you take, you bring it inside and by breathing out you settle it within yourself (3–4 repetitions). By breathing out, imagine that you share it with the world.

By believing in yourself, you begin to love yourself. If you love yourself, you will respect yourself and others will follow to do so.

THESE HUMANS OF HONOUR MADE MY DAY!

Idols are people with character, dignity, compassion,... They conquered various obstacles in life and made this world a better place!

My personal idol: Your favorite grandson/-daughter gives a speech at the occasion of your 80th birthday! What are the 3 main values, achievements and actions he/she is pointing out about you? (i.e. endurance, success, social engagement, ...) Think about these values while you go to bed.

While you sleep, your body creates the necessary base for good health and maintaining your performance.

THESE THOUGHTS ABOUT THE FUTURE MADE MY DAY!

Take a journey through time into your own future. You are arriving exactly in the moment you reached your goals. Make yourself a very detailed picture about how your life goes on, if really everything worked out in the way you desired it. What year is it? How old are you? Watch ... relax and breath ... memorise and deepen the feeling within you. Tell yourself: "I trust in my abilities, I will do it!" and "I am worth it, i deserve it!"

***With a good goal in mind,
you overcome all obstacles!***



REFLEXION

THIS LIGHTNESS MADE MY DAY!

Draw a backpack on a piece of paper.

Think about the heavy things you carry inside you, like worries or bad memories. Write each one down and put them inside the backpack. When you're ready, tear up the paper with the heavy things. Let go of the weight you're carrying.

*By tearing up the paper,
you symbolically let go of your
worries and bad memories.
It makes you feel lighter
and more free.*

THIS GRATITUDE MADE MY DAY!

Find a mirror and look at yourself. Take a deep breath and feel your worth. Think about the good things you see in yourself. Say thank you for who you are and what you have. Appreciate your strengths and qualities.

*This exercise encourages
self-love and gratitude.
You build a positive self-image
and boost your self-esteem.*

THESE SONGS MADE MY DAY!

Think of some songs that have a special meaning to you. Listen to it or imagine it playing. Recall the situation or memory it brings to mind. Write down why this song is important to you and how it makes you feel.

You connect with your emotions and memories. By reflecting on a meaningful song, you explore your past and understand what experiences have shaped you.

THESE HABITS MADE MY DAY!

Pick a simple habit to change today. For example, if you usually eat with your right hand, try using your left hand. Notice how this small change feels and what it teaches you about your routines.

This process helps you become more aware of your daily actions and adapt to new situations, fostering personal growth.

THESE VALUES MADE MY DAY!

Think about the most important person(s) in your life. Write down who they are and what makes them special to you. Reflect on the positive values they represent and how these values influence your own life.

This increases the production of the happiness hormon “oxytocin”, which helps you to gain insight into what matters most to you and how it shapes your behavior and decisions.

CARD MATERIAL FOR COURSE PARTICIPANTS

THESE CARDS
MADE MY DAY

TRANSFORMING PATHS

CARD MATERIAL FOR COURSE PARTICIPANTS

CARD MATERIAL FOR COURSE PARTICIPANTS

You have received this deck of 25 cards to strengthen and repeat some of the exercises from the course "Transforming paths". We hope you will find support in using them. There are 5 exercises from each topic that you as a participant will recognize. Take care. ♥

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