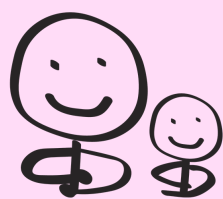




## POWER OF TOGETHERNESS

### Who can do it?



Everyone

### When can you do it?



- Whenever you and family/ friends around you are ready.
- To remind each one how to overcome hardships.
- To teach one another or children the idea of resilience.

### How will it help and expected outcomes?



- It will normalize the idea that everyone (young or old) has certain hardships.
- It will inculcate the idea of supporting each other during difficult times such as the current lockdown.
- It will help in connecting and communicating the support that one may require.
- It will bring a sense of oneness and sensitivity to each other.
- It will help in building resilience.

### Resources required?

- A non-judgmental and accepting attitude
- Family members/ friends
- Phone/ computer and an internet connection, if family members/ friends are in different locations

## HOW TO DO IT?

- Have people in the family/ friend group sit together and list down 5 things each that they find difficult to do.
- Rate each of them from 1 to 5, 1 being the least difficult and 5 being the most difficult.
- Collectively support and discuss with each other about which item from the list should be taken up to work on individually.
- Do this for all participants. Find out what support will be required by the family member/ friend to overcome the difficulty.
- Resilience is about experiencing the highs and the lows while knowing you are in it for the long run.
- We all have moments when we want to give up, but the rules of the game are to encourage, support and facilitate the process of overcoming the difficulty for each other.