



Illustrations by Marika Matengu

## AFTER THE WORKSHOP: IMPROVING THE LIVES OF CHILDREN AND ADULTS THROUGH **SINGING TO THE LIONS**

### THE ACTION GROUP AND THE SKILLS GROUP

As a facilitator, you can increase the benefits of the Singing to the Lions program by following up the workshop with an Action Group and a Skills Group. These groups are most helpful when they are ongoing over the year, so that those attending can mature and grow in their understanding, skills, and efforts to better their own lives and the lives of others. A [Singing to the Lions](#) Club can have separate facilitators for the Action and Skills Groups or they can have the same facilitator who meets on alternating weeks with each group (for example, weeks 1 and 3 is the Action Group, weeks 2 and 4 is the Skills Group).

#### The Action Group

**Purpose:** The Action Group takes the issues and concerns raised by those who attended the Singing to the Lions workshop and identifies people in the community who can help make a change (the Resource Persons). The Resource persons and Action Group members together develop a plan of action and implement it.

**Who is involved:**

- The facilitator,
- One or more resource persons,
- The children and adults who attended the Singing to the Lions workshop.

**Duration:** The group meets once or twice each month throughout the year. The group can continue meeting for as long as they wish.

#### How to Facilitate:

##### Preliminary Meeting:

Find a way to introduce the members of this group. You can use Activity # 1, the Welcome and “Optional” exercise. With those children who expressed an interest in being part of the Action Group, either during the workshop or later, meet to review the concerns and issues that arose during the Singing to the Lions workshop. If you were not able to note this information or wish to hear the issues and concerns of the children at this moment, you can ask the following questions:

1. *What would you like to change in your life? At home? At school?*
2. *What do you worry about?*
3. *What things scare you in your life? What things do you fear? (E.g., Cars injuring children playing in the road, parents fighting, father coming into my room drunk at night, that soldiers will take away my parent from the home.)*
4. *What makes you sad? What makes you happy?*

From this discussion, create a list of issues and concerns that will guide the group.

**This group uses a cycle of three meetings:**

**Meeting #1:** Have the Action group pick one issue to work on from the list. Everyone discuss their ideas for a solution to the issue or problem. Have the group discuss who are the Resource Persons (can be adults and/or children) that can assist them with implementing the solution. Invite the Resource Persons to the next meeting.

**Meeting #2:** Meet the Resource Persons. Group members and Resource Persons map out the steps to address the issue. Include a timeline for when each step will be completed.

**Meeting #3:** Review progress on the issue. Discuss successes, obstacles, and how to proceed. Choose another issue to put into action.

**Meetings 4 thru 6** Review progress on the issue. Discuss successes, obstacles, and how to proceed. Choose another issue to put into action.

## Skills Group

**Purpose:** The Skills Group helps children and adults to strengthen the skills learned in the Singing to the Lions workshop, to apply them in their life, and to help others to learn these skills to overcome fear and violence.

**Who is involved:**

- Facilitator,
- Those who have attended the Singing to the Lions workshop,
- Special guests who have expertise in any of the skill areas.

**Duration:** The group meets every one or two weeks throughout the year. If scheduling is a problem, it can meet monthly.

## How to facilitate:

### Preliminary Meeting:

To introduce everyone, do activity #1 from the Singing to the Lions workshop, the Welcome that includes music and dancing. You can also do the “Optional” activity about what the group members have in common. (You do not use the picture section.) Have participants discuss the following questions:

- Since the workshop, what is happening in your life?*
- What were your favorite activities from the workshop?*
- How have you used what you have learned?*

You can end the meeting with music, dancing, something else that is fun or snacks.

**There are three different agendas that the facilitator can use to structure Skills Group meetings.**

**Agenda #1:** Pick one of the favorite activities. Have group members discuss their experience of using this activity. Practice it in the group. The facilitator and group members can give feedback to strengthen everyone’s skills. Discuss what group members can learn from this activity. Discuss how they can use what they have learned to help others. For example, use tapping when you are fearful (Activity 8, The safe place inside us). If time permits, the group can pick another favorite activity, practice it, and discuss. The facilitator can hold several meetings that follow this format.

**Agenda #2:** The facilitator can ask about activities that have been difficult to use or that have not been named yet. Practice the activity. The facilitator and group members can provide feedback to improve skill levels. Discuss what members have learned and how they can use their knowledge to help others. The facilitator can spend several meetings using this format and can mix it with Agenda #1 and #3.

**Agenda #3:** Bring in a special guest with expertise in one of the skill areas. Have the group think about situations where they would need to use that skill. On page 2 of the Singing to the Lions Supplement, the essential skills are listed (See “Singing to the Lions addresses these needs”). The special guest can present what they have prepared. The group should also think about challenges they may face in applying that activity or skill to their lives and how to overcome them. For example, in Activity 17: The Helpers Game, what if no one is around to help you at that moment, what do you do?

Each meeting should end with something fun, music, dancing, or snacks.