



# Activity, Sport and Play for the Inclusion of Refugees in Europe

## Reflective exercise “River of Life”



### Playing field I

Cultural resources



### Duration

30 minutes



### Material

Paper, pens



### Group Size

2+



### Aim

Raise awareness of different influences on people.



### Age

16+



### Source

Qualification measure  
"Fit for Diversity" of "Integration  
through Sport  
programme"/DOSB [www.integration.dosb.de](http://www.integration.dosb.de)

## 1. Information

This exercise helps to raise awareness of the different influences on the person during their whole life – for example, the role of parents, friends, school, religion, trainers, sport etc.

## 2. Description

Starting from the question 'What has influenced me in my life until today', every participant paints his or her own life's river with all its tributaries. The river should be divided into at least three parts: childhood, adolescence, adulthood. When they are ready, each participant presents and describes its own picture to the group.

## 3. Adaptations

## 4. Evaluation / Debriefing

At the end of this session, seek feedback from the group. Key points to highlight include how this exercise:

- Makes it obvious that every person is a creation of many influences and factors
- Explains some characteristics or behaviours which may seem strange or different at first sight
- Helps the group not only to open up but also to develop more understanding and tolerance towards each other



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