

What can I tell to myself
now?
What kind of words support me
right

bla – bla
!
don't
have to

:-) please *****
thank you

bla – bla **!**

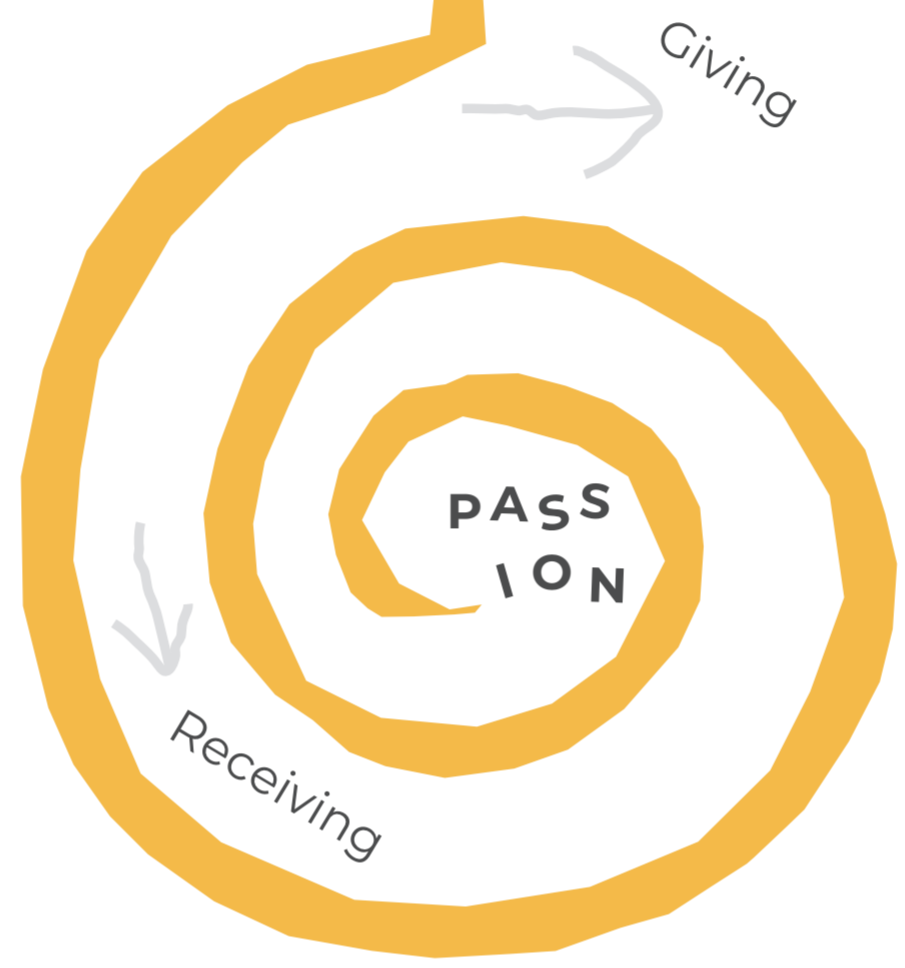
won't

choose:
EVALUATION
JUDGEMENTS
ATTACK
WORDS OF PRAISE
UNDERSTANDING

Hope is not a feeling of certainty
that everything ends well.
Hope is just a feeling that life
and work have **a meaning.**

VÁCLAV HAVEL

Draw
your **own**
borders



Do you
KNOW
your
comfort
zone?

draw freely on the poster

You do **not need words** for
this universal language.

As mammals, people are
addicted to **touch.**

What makes
you
resilient?

What are
your
resources?

The lines of that day
of that face
The lines
to remember
because they
belonged to you
You are the day
to remember

draw freely on the poster

When can you use
touch
instead of
words?

HOW DO I STAND?



draw freely on the poster

Instructions? Write, draw, think, feel. Let it touch you.



THEY WORK TOGETHER

LEFT - logic
- facts
- linearity
- structure

RIGHT creativity
intuition
non-verbal
fluid

TRY:
Touch your left arm with your right hand 15 times in rhythm. Switch hands. Breathe. Repeat 3 times.

How do you feel?

Paint your mind in here:

draw freely on the poster

There are **billions** of neurons in one body.

Do you take care of your nervous system?

How?



draw freely on the poster

Heart

Is it about brain or heart?

contains approximately

40 000 neurons.

PARASYMPATICUS

deactivates, calms down

SYMPATICUS

activates, stimulates

TRY:
Short inhale... Looping exhale... 20 times

What do you feel in your feet?
How cold is the floor?

your weight.
heaviness of your body.
what happens, when you jump?

Feel
Feel
Feel

Feel the...

GROUNDING

draw freely on the poster

Touch your legs.

Touch your fingers.

My belly is telling me how it goes.

right now?

What is telling your belly

is telling you

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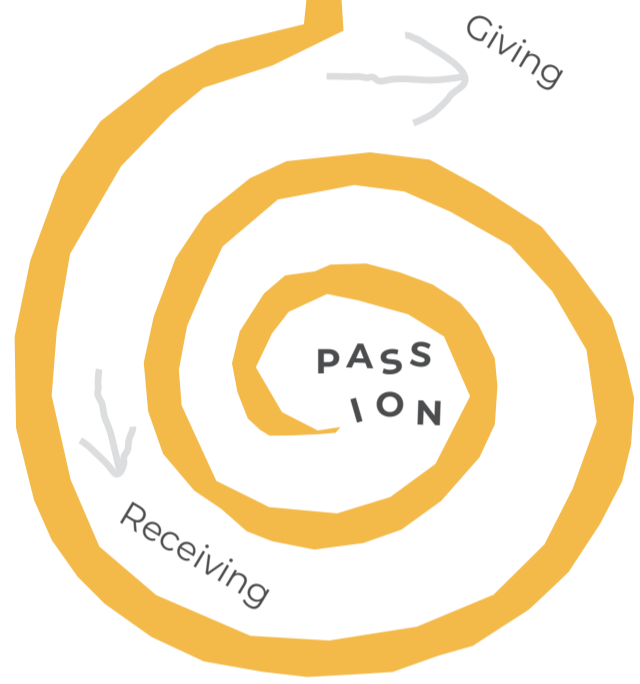
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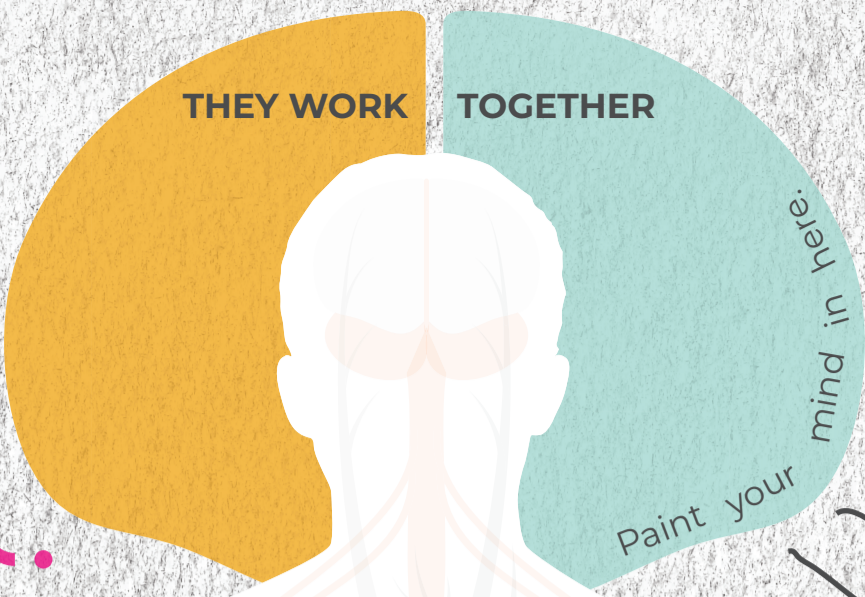
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Hello!

We are happy that you are about to use our interactive poster.
Here a few remarks before you get started:

What is the context?

This poster is an outcome of the conference "Debate not Argue: How to Make It Happen?", that Goethe-Institut and Novinářský inkubátor organized together in November 2023 in Dresden. During the conference, we explored media education from different points of view, and we talked about understanding others as well as ourselves as a precondition for a better communication in our society.

Based on the input from experts as well as participants, we created this poster, which can help anybody to reflect on the topics our conference covered.

Who is it made for?

The poster is for anyone! If you feel like reflecting on your body and mind, then it is the right thing for you.

How to use it?

All you need to prepare is to print the poster out in A2 or A3 format.
You can then use it in any way you want. You can have a quiet reflection moment just by yourself or talk about the questions together in a group of friends. If you are an educator, feel free to incorporate the poster into your activities with young people or adults.

What exactly should you do with it?

Write, draw, perceive, enjoy. The poster is made to help you express your thoughts – do whatever you want with it.

The poster was created within an Erasmus+ project Debate not Argue. Check out more similar materials at debatenotargue.eu!