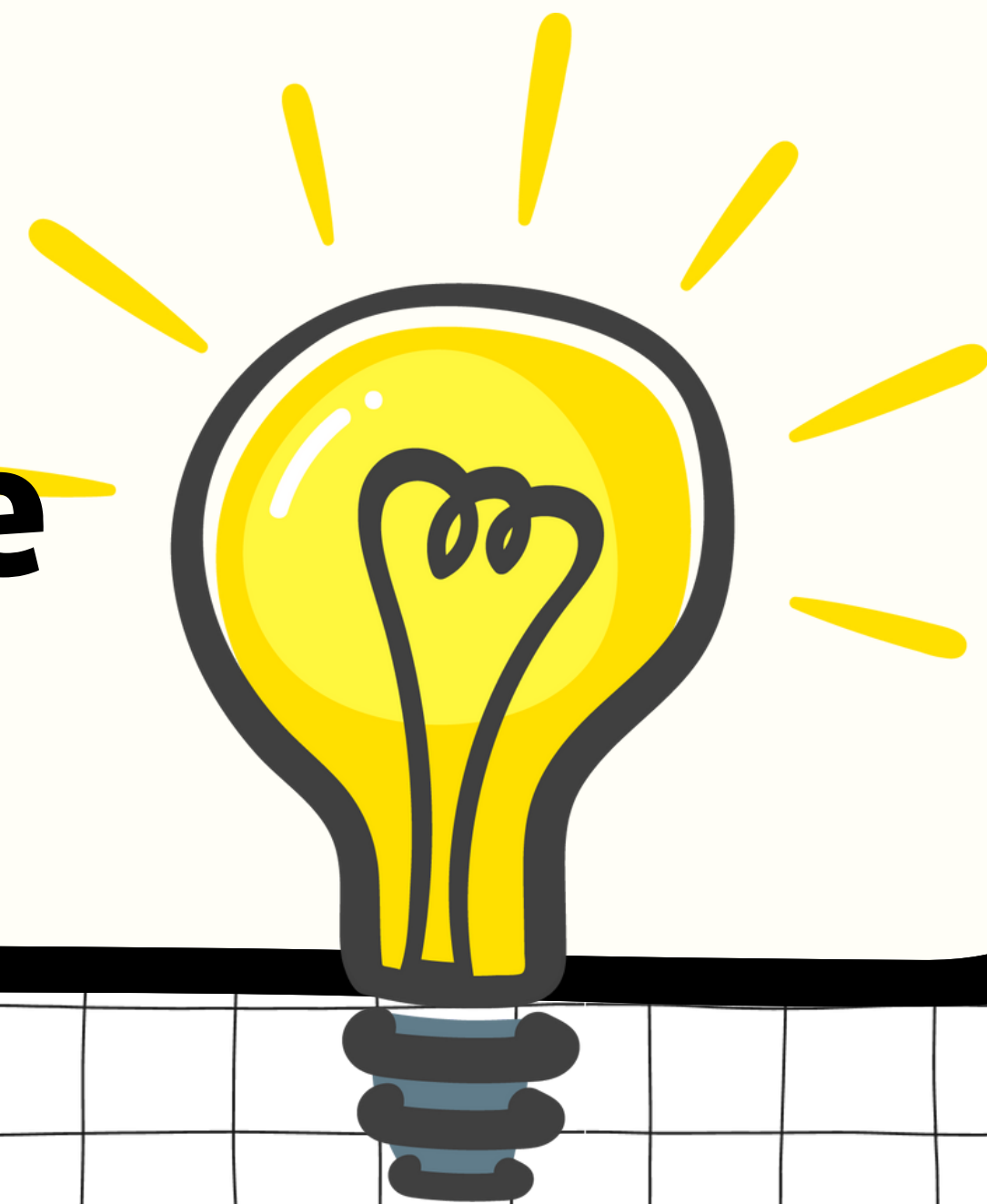


# Let's talk about age

An alternative training activity



# Introduction

The activity we are about to implement  
is of 7 stages

- We will start with the provision of information about the context of the activity
- we will implement a mindfulness exercise
- we will share our chinese portraits
- we will share our perceptions on a special superpower
- we will share our perceptions about 3d age
- We will watch two exerpts from "Grace and Frankie"
- we will have a Group discussion

# Chinese Portrait

- If you were a color you would be ...
- If you were a season you would be ...
- If you were a shape you would be ....
- If you had a super power it would be....



Sebastian

1.....  
2.....  
3. ...  
4.....



Wanda

1.....  
2.....  
3. ...  
4.....



Julia

1.....  
2.....  
3. ...  
4.....



Nerma

1.....  
2.....  
3. ...  
4.....



1.....  
2.....  
3. ...  
4.....



1.....  
2.....  
3. ...  
4.....



1.....  
2.....  
3. ...  
4.....



1.....  
2.....  
3. ...  
4.....



1.....  
2.....  
3. ...  
4.....

# The team



**Sebastian**  
*moves in time*



**Julia**  
*flies*

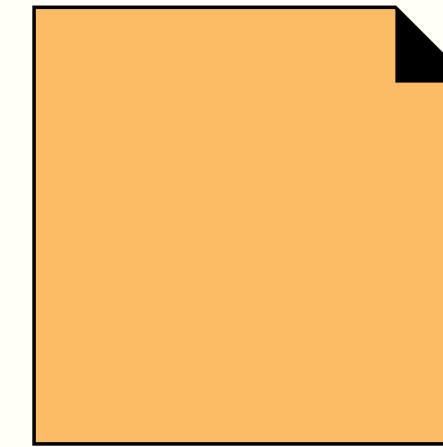
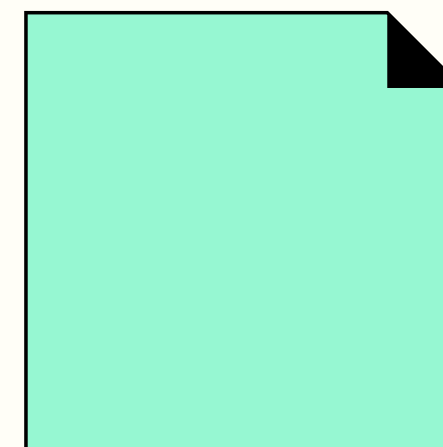
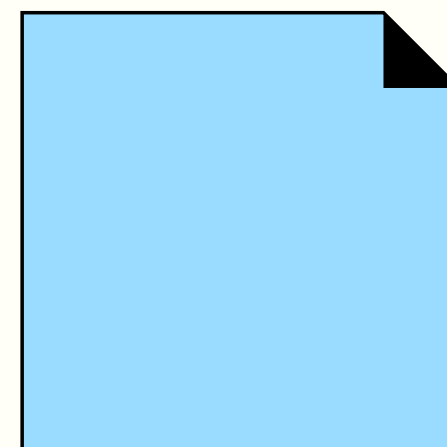
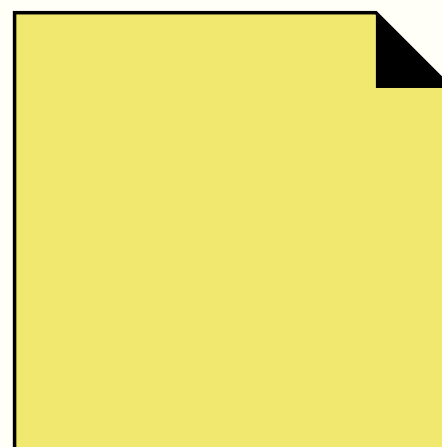
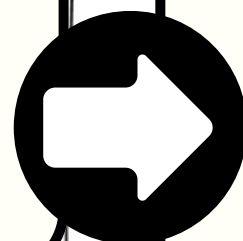
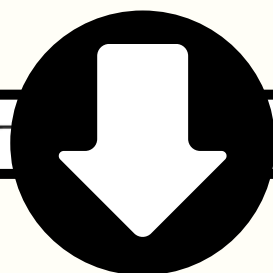


**Wanda**  
*communicates with all  
creatures*

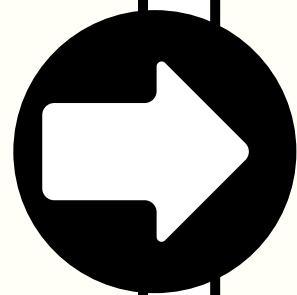


**Mette**  
*invisibility*

What is now easy  
for you and what  
is difficult?



**in connection to  
third age please  
identify**



**something  
beautiful**

**Something  
funny**

**Something  
unexpected**

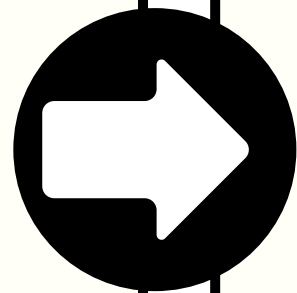
**Something  
difficult**

## Time to see

how two women deal  
with the matter of  
invisibility



**Now would you  
like to change or  
add something  
on your list?**

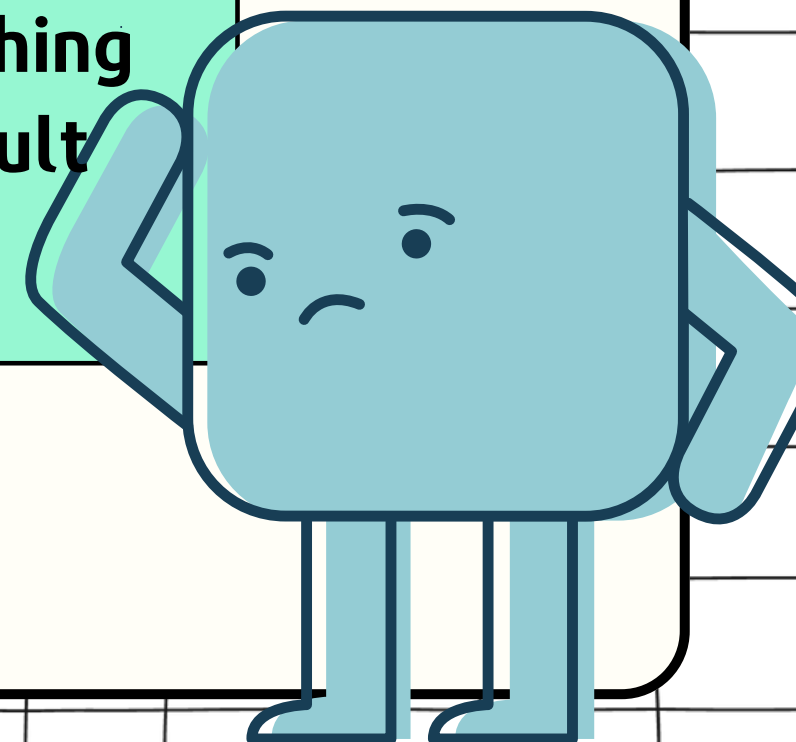


something  
beautiful

Something  
funny

Something  
unexpected

Something  
difficult



Let's watch  
another incident  
in their lives now

Grace & Frankie - Grace (Jane Fonda) has a minor melt down while being ignored by store clerk



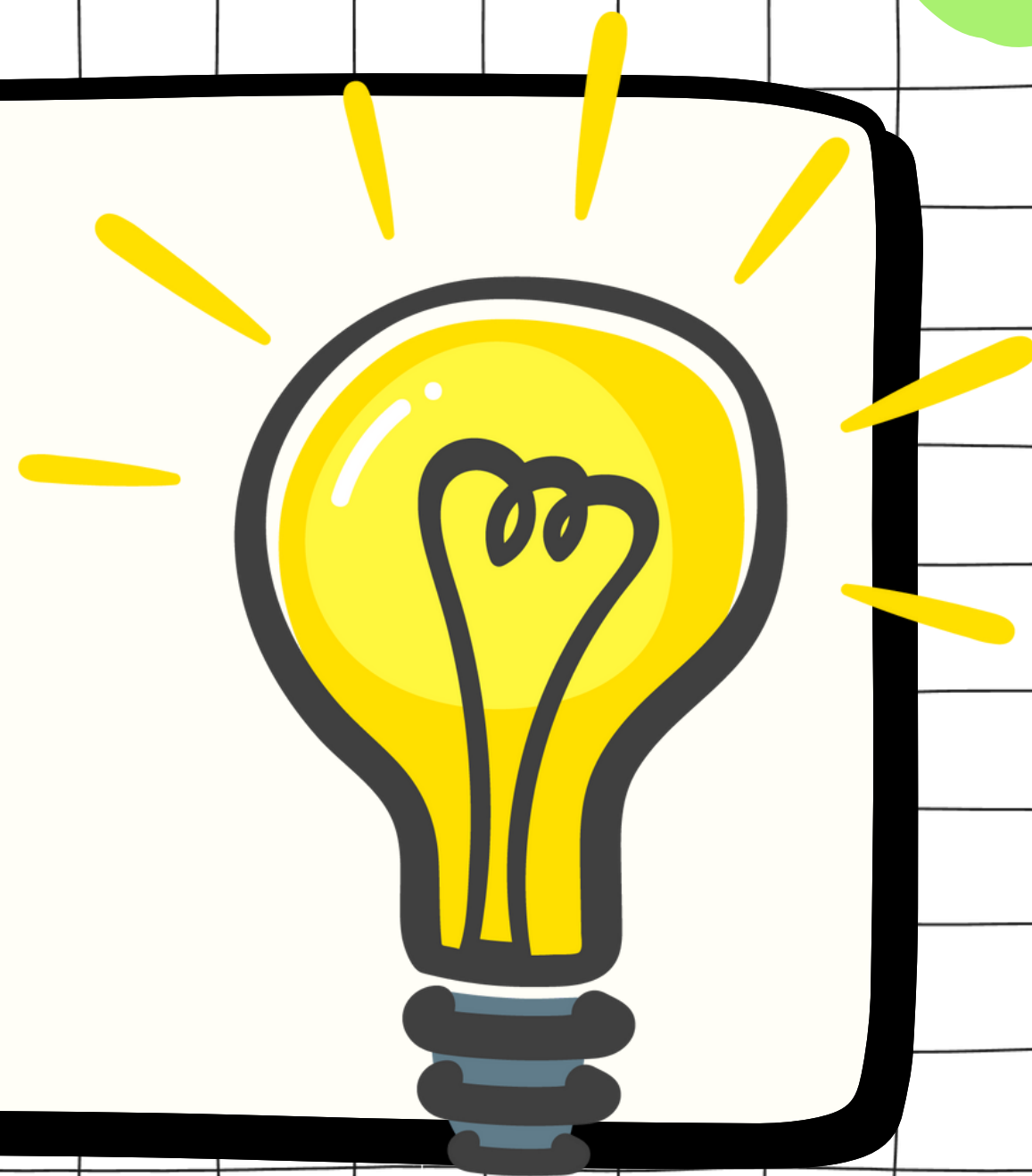


# **Reflection**

**invisibility**

**3d age**

**positive & negative aspects**



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**01**

Introduction

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Chinees Portrait

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the team

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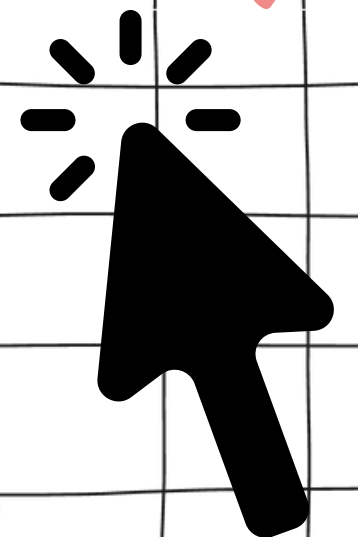
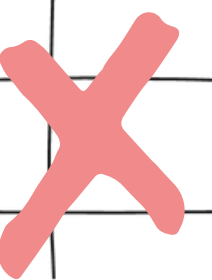
Pre-test

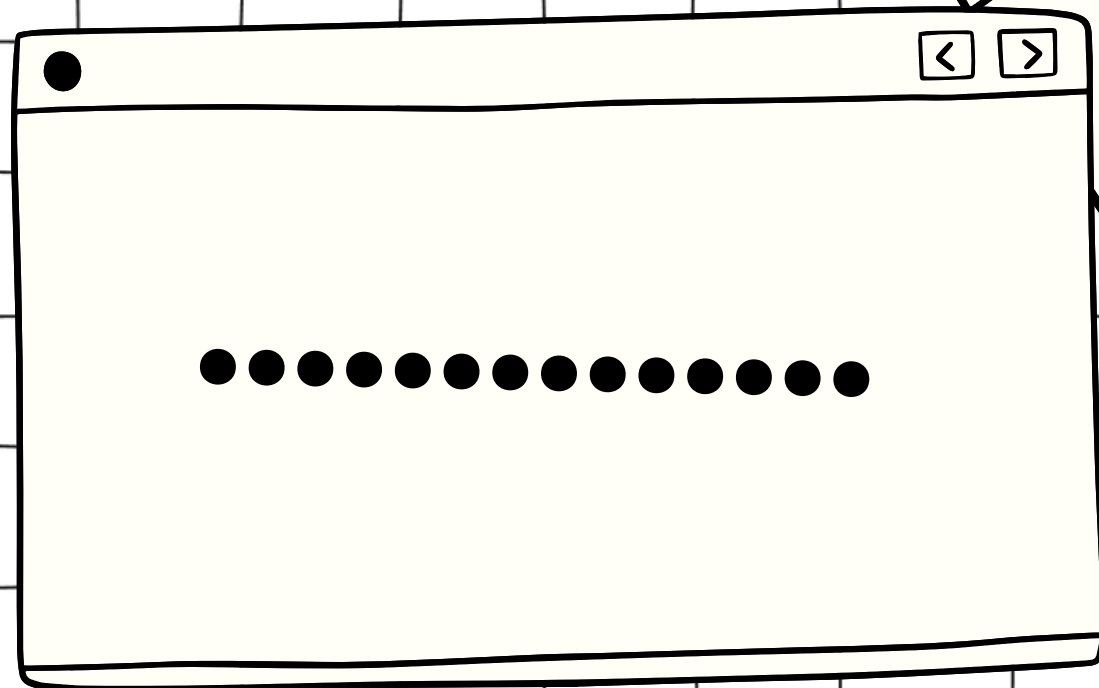
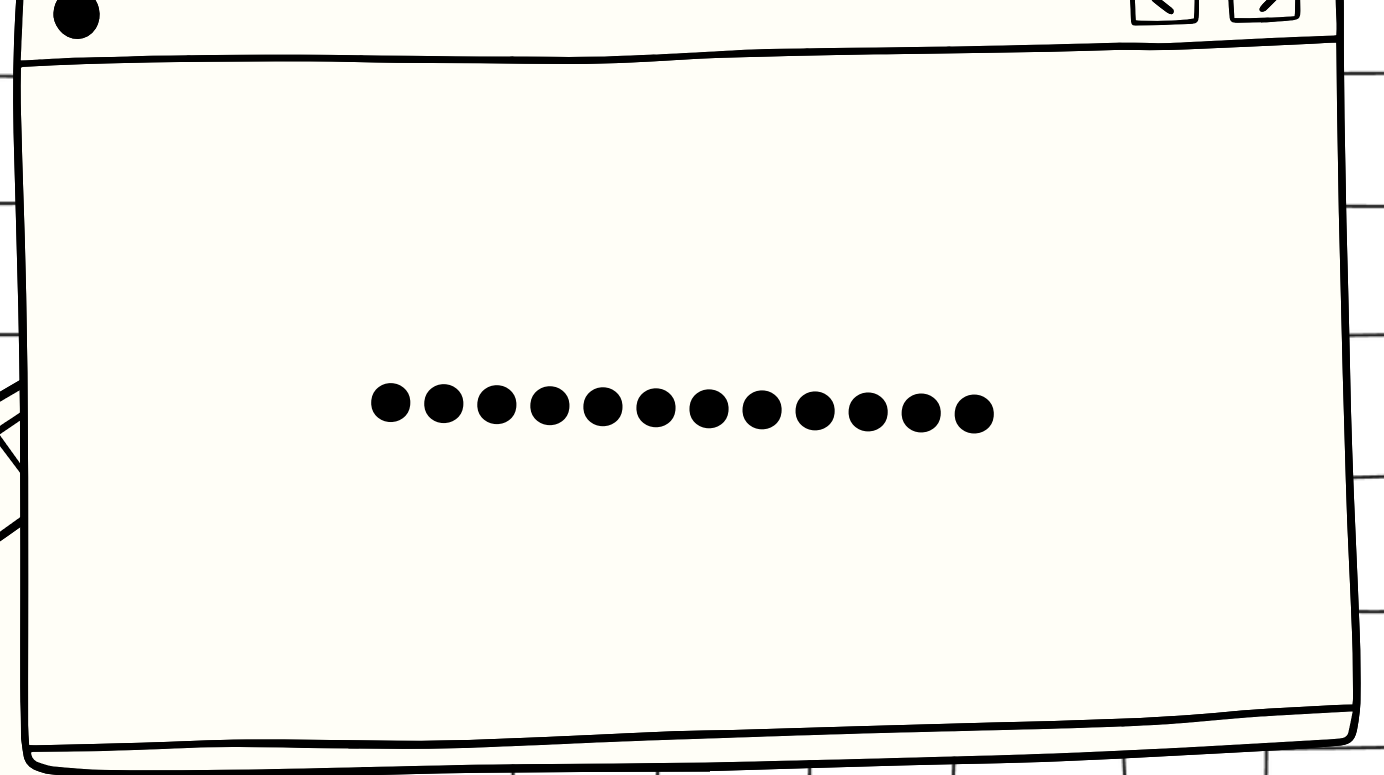
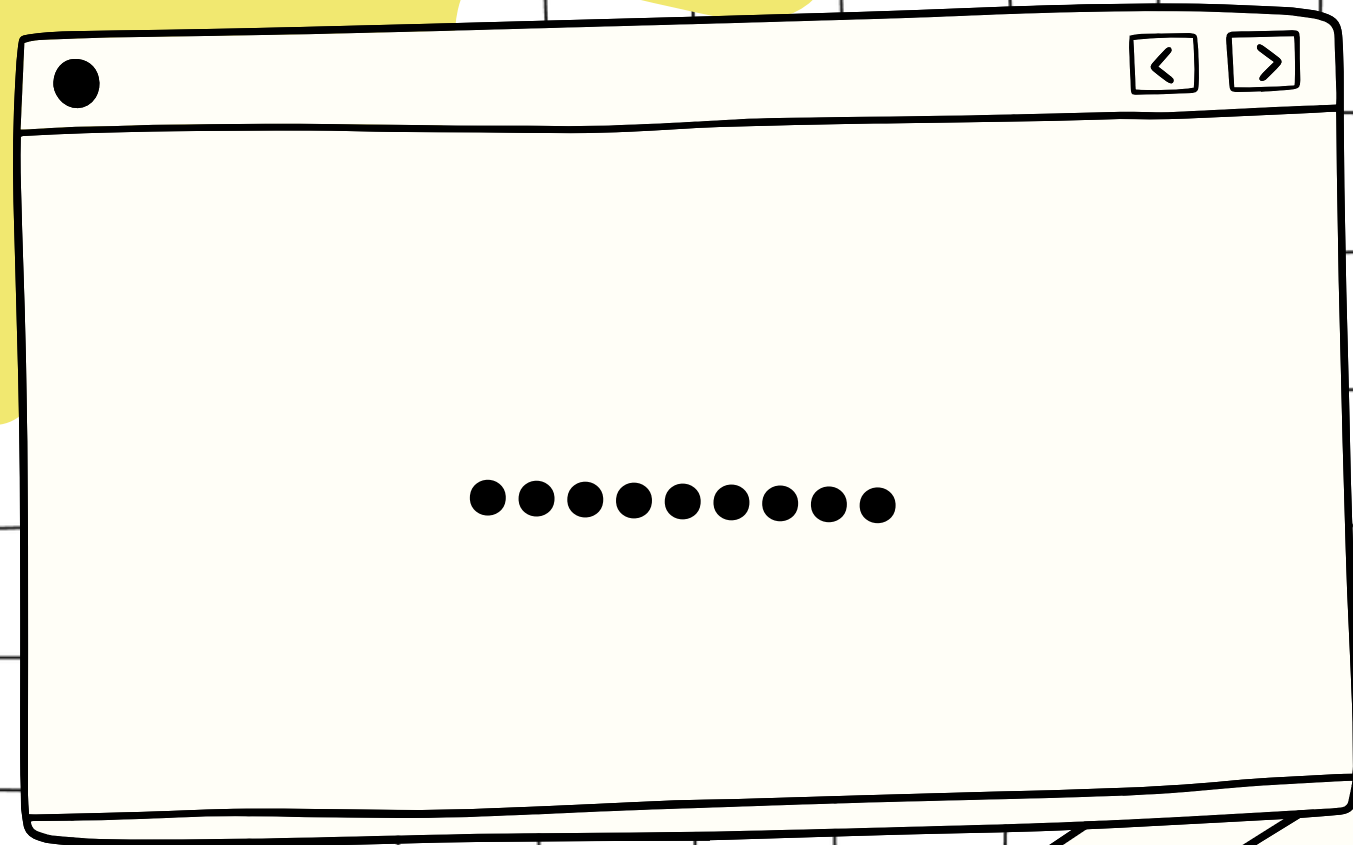
**05**

Brainstorm

**06**

Post test and  
Conclusion





Key  
takeaways

