

### **Introduction:**

This activity familiarizes you with the experiences of refugees and encourages you to reflect on your lives thoughtfully to make connections between your lives and the lives of refugees. The activity is an exercise in empathy.

### **Participant Instructions:**

1. "On a piece of paper, draw two intersecting lines, one vertical and one horizontal, to form four quadrants.
  - In the upper left quadrant, list the names of the people who are your direct relatives: a legal spouse if you have one, and any minor-aged children.
  - In the upper right corner, list the names of those you love: adult children, parents, grandchildren, dear friends, cousins. List as many people as are dear to you.
  - In the lower left, list two to five small, portable things that are of value to you. These should be things the size of a book or so, something that fits into a pocket or a suitcase. They can have monetary or sentimental value, such as jewelry or photos.
  - Finally, in the lower right, list the things you love about your life now that are too large or too permanently installed to move with you. This might be your home, car, heirloom furniture; or maybe it's your ancestral grave site, a favorite park or...
2. Take your time. When you are finished:
  - Take a good look at that last quadrant, the lower right. Put a big 'X' through everything listed there. You won't be able to take it with you. Let that sink in.
  - Next, look at the upper right. One by one, draw a line through each and every name on your list. Unless those people are able and lucky enough to travel with you, you may not ever be seeing them again. You'll have to say goodbye to them. Take a moment. How does that feel?
3. Debrief: Share reactions and feelings and apply to real life."

(Saphiere, 2016)