**Experiencing Our Power Exercise – 25 MIN**

**OBJECTIVE:** Recognize our capacity to create positive change.

**HOW:**

* **Naming individual power** (5 min)

Post one star on the wall to refer to as you introduce the activity. Then give everyone a yellow paper star and pen. Point out that stars are far away, and yet they have so much power, we can see them from light years away. These stars represent the power we each have inside of us. Often we do not realize that we are experiencing a form of power.

Let them know that you are going to take a moment to remember when we have felt powerful. Invite them to “sit back, relax, close their eyes and take in a deep breath.” Then slowly read the following:

*Think of a time, or times in your life when you felt powerful. When something important and good happened because of a choice you made, because of something you said or did, because of the way you were. Choose one of these times…recapture the scene…play it back for yourself….. What made you feel powerful in this situation? …What positive impact did your action have for others?*

Then ask them to open their eyes and write or draw on their star something that made them feel powerful. Note: some people may feel that they do not have an experience of feeling powerful. Facilitators give an example of when they experienced power, taking care to select one the group can relate to, such as “*I spoke up in a group and gave my opinion”.*

**Small groups: Sharing power stories (10 min)**

Inform them that this is a chance to tell our personal power stories. In groups of four, each person is to share their story or example of feeling powerful. While that person is telling the story, the others are to only listen without commenting.

Form groups and share. After four minutes, point out that half the time is up and to be sure to give everyone time to tell their story.

With two minutes remaining, give each group a large paper star. Invite them to discuss what these stories tell them about the power we have, and write one main idea on the large star.

* **Large group reflection (10 min)**

In whole group, invite each group to share their collective star, and then post it and their individual stars on the wall. When all have posted, point to the stars and ask them what strikes them.

Note that:

* + when we use this personal power for the good of the community, we are being a community advocate.
	+ when we join our stars with others, by working together, we can light up the sky, and have an even greater power to create positive change.

Ask the group this question to start a chant, “*Who’s got the power?*” Answer: “*We got the power!*”

-- Adapted from: Joanna Macy, *Despair and Personal Power in the Nuclear Age*

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