

EXEMPLAR

Young Migrant Integration Leaders

Module 4-Unit 1

The boundary between attitudes and behavior

ACTIVITY Nr. 1

“Fun questions”



ACTIVITY Nr. 2

“Is the glass half-full or half-empty?”



What is Stress?



Stress-relieving techniques



Breathing technique



Meditation and yoga



ACTIVITY Nr. 3

“Faux pas!”



Removing shoes



Thumbs-up



Eating with your hands



Touching



ACTIVITY Nr. 4

“Do your research”





exemplar



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