River of Life Activity Lesson Pan – End of Program Presentations

Time Required: 20 minutes (Add on an additional 5 minutes per volunteer participating)

- 5 minutes to introduce the activity and give example
- 10 minutes for volunteers to draw their own rivers
- 5 minutes for volunteer to present

Materials Required

- Colored Pencils
- Crayons
- Paper (A4 or equivalent)

Activity Steps:

1) Describe the reason behind the activity
   a. Drawing a river is an artistic way for the volunteer to reflect and share their experience, no matter how long they have been participating in the program for.

2) Describe the method for completing the activity
   a. Volunteers should describe their challenges, triumphs and learning moments using metaphors such as rapids, rocks, river changing direction, river splitting in two, etc.
   b. Volunteers should be encouraged to draw pictures, write words, and use as many colors as necessary to express their experience.
   c. Volunteers should start with where they are coming from and end with where they are going.

3) The presenter presents their own river as an example

Sample Script:

We are going to create a river of life of your GVI experience. Drawing a river is an artistic way for you to reflect on your GVI experience. Be sure to include memorable moments, challenges, if your river separated into multiple directions when you had changes of heart or insights, where you came from and where you are going from here. Use drawings, words, metaphors, whatever best expresses your experience.

*Here is my river as an example (adjust to reflect presenter’s experience with GVI).* I started with a week full of trainings, then launched into vacation camp, the festival of the arts, becoming the Damas Staff Coordinator and my journey is continued on this route for a while. Then, I hit a waterfall that threw me into the base manager position, but I landed fine and now my boat is moving along a swift and sometimes rocky path. Along the way I’ve encountered some obstacles that have made me change directions in my thinking and approach. Also, I’ve been surrounded by children, music, smiles, some tears, and dancing. Now, it’s your turn.

Please take 10 minutes to draw your own rivers. Make sure you include memorable moments, challenges, changes or splits of directions, and where you are going from here. Be creative and draw or write what is most meaningful to you. After drawing, you will have an opportunity to briefly share your rivers in the group.