



Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

Workshop Scenarios for Becoming Parents Project



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Me as a Parent

Length of the session: 2 *45 minutes

Profile of participants: Mothers, whose children are 0-7 years old.

Tools needed: symbolset, long pole, 2 bags, set of colourful balls

Short description of the agenda:

1. Introduction round with symbols:

-choose a symbol that describes you!

-choose a symbol that describes you as a parent!

2. Scale exercise:

Put 2 bags on the 2 ends of a long pole. The task is to put colourful balls into the 2 bags according to the questions below:

What do I like / What don't I like about parenting?

3. Group work:

Create a poster for the Island of "GOOD ENOUGH PARENT". The island is accessed by boats carrying resources. What resources do the boats carry? Draw it and present it in small groups!

4. Summary: How are you now? What are you taking with you?

Illustration:





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Difficulties in Parenting

Length of the session: 2 *45 minutes

Profile of participants: Mothers, whose children are 0-7 years old.

Tools needed: cat cards and dixit cards

Short description of the agenda:

1. Opening round: cat cards

choose a card that describes how you feel! Present the same posture with your body. Sharing

2. Situations: pair work

First we define the situation: child-parent, parent-parent, etc. Participants then have to decide which character they will play. The situation is read out and each person has to tell individually how their "character" feels.

Situations: a) Child-parent: The child wants sweets in the shopping centre, and becomes raging b) Child-parent: The child says to the mother – I don't love you c) Parents: who is standing up for the baby at night? d) Teacher- parent: your child abused someone in the class

3. Dixit cards:

-Choose a card that symbolizes the greatest internal and external difficulty for you in parenting! Sharing in small groups.

4. Summary: How are you now? What are you taking with you?

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Raising in Child in a Foreign Country

Length of the session: 2 *45 minutes

Profile of participants: Mothers, whose children are 0-7 years old.

Tools needed: scarves (at least double number than the participants), symbolset, flipchart and marker

Short description of the agenda:

1. Opening round:
choose a scarf that describes your day! Sharing
2. Pair work: Intercultural game:
First we divide the participants into groups: a group of Martians and a group of Venusians. They need to find a unique language to communicate with each other. Then we pair them up and they have to communicate with each other in their own language without speaking. Afterwards we will discuss the results.
3. There are 2 boards, one with an Austrian flag and the other with a Hungarian flag. The task: to collect what the Austrians are like and what the Hungarians are like.
4. Symbolwork
-What characterises you as a parent in a foreign country?
-What are the challenges your child faces by being bilingual?
5. Closing round: How are you now? What are you taking with you?

Illustration:





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Work-Life Balance at Holidays

Length of the session: 2 *45 minutes

Profile of participants: Mothers, whose children are 0-7 years old.

Tools needed: cabochons

Short description of the agenda:

1. Opening round:

How are you today? What is the most important thing (max 3) that has happened to you recently?

2. Discussing: How do the holidays affect you? How do you balance rest with parenthood and holidays? What expectations do you face from others, and from yourselves? How to survive holidays with small children and family visits?

3. Closing round: Choose a cabochon for yourself, that represents you!

Illustration:





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Work-Family Balance during Everyday

Length of the session: 2 *45 minutes

Profile of participants: Mothers, whose children are 0-7 years old.

Tools needed: water, at least 3 glasses per pairs, clothes to remove wetness

Short description of the agenda:

1. Body exercise: movement and repetitions
2. Opening round: How are you today?
3. Symbolwork exercise with water and glasses: the glasses represent: WORK / PARTNER-RELATIONSHIP / ME-TIME – and and extra for CHILD.
One glass of water representing personal time/energy, has to be shared among the glasses.
Working in pairs sharing how having a children changed the amount of water in each glass, and how it affects the participant.
4. Plenary discussion: what were the similarities? What were the differences? How the amount of water (energy) changed in the partnership glass? How did it affect them, and their partners?
What about the ME-time?
5. Closing circle

Illustration:





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What will be the future of our children – and how to prepare them?

Length of the session: 2 *45 minutes

Profile of participants: Mothers, whose children are 0-7 years old.

Tools needed: Road cardset, pencils, chinks, anything to draw with, papers

Short description of the agenda:

1. Opening circle and introduction

2. Card exercise - Roads cardset:

Choose two roads- one representing your own future way / journey, the other of your children's.

What future do you foresee for our children?

2. Individual work - Shield as symbol:

What we can do as parents to provide a good shield for our children, to help them develop skills, knowledge, attitude, and to provide financial background. Draw a shield, and include in this shield all different things you teach / provide for your children! You can either draw this elements, or write them up.

3. Discussion of the skills, attitudes, background we would like to provide for our children. How, with what actions shall we reinforce them? How do we raise our children resilient, flexible and nature-loving in a quickly changing present?

4. Summary: How are you now? What are you taking with you?

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Family Roles and Dynamics

Length of the session: 4 *45 minutes

Profile of participants: Mixed groups of young people and older generations (parents and future parents)

Tools needed: Chess sets

Short description of the agenda:

SYMBOLS AND HUMAN MIND: Symbols, with their profound capacity to convey complex ideas and emotions, have been recognized as an essential component in both therapeutic and training contexts. We used a chess and its symbols for the exercise.

Applying Chess to Daily Life / Family Roles

1. Introduction: As a symbol box we used a chess.

Icebreaker activities, introducing the concept of chess as a metaphor for family dynamics, followed by an overview of the workshop's objectives. Participants shared initial thoughts on how strategic thinking could apply to their roles as parents.

2. Symbol Work: Participants used chess pieces to embody different family roles, exploring abstract concepts like empathy, self-awareness, and decision-making. They were encouraged to "step into the shoes" of other family members, cultivating understanding and respect for diverse perspectives.

The use of chess provoked discussions among the participants and reflection on practices that enhance cooperation, self-awareness and emotional balance in the context of child-parent relationships.

i. Chess Piece Symbols and Parental Roles

King and Queen:

Activity: Participants are asked to identify how they see their role in the family through the lens of these pieces. What "protection" do they need from the other pieces?

They symbolize parents. Their movements are limited but vital, reflecting the need for stability and strategic thinking in the family.

Pawns:

Activity: Exploring the importance of empowering and nurturing children's potential.

They symbolize children, who take small steps at first, but have the potential to develop into any piece.

Rook, Knight, Bishop:



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These pieces represent different ways parents handle challenges. The rook is steady and strong, the knight is flexible and able to adapt, and the bishop moves creatively and uses diplomacy to solve problems.

ii. Dynamic Relationships Through Moves

The cooperation of the pieces:

Activity: Role plays where each parent "plays" a piece role. How do they work together to address challenges such as work-life balance?

Chess requires coordination. Just as the pieces work together to achieve victory, parents are called upon to coordinate to create a stable family environment.

iii. Values and Lessons Through Chess

Fairness and Equality:

Activity: Analysis of how the efforts of all family members are valued.

In chess, each piece has a different value, but all are necessary for victory. The same applies to the members of a family.

iv. Patience and Strategy:

Activity: Virtual chessboard where parents discuss their "moves" in real family life situations.

Parents learn that, like in chess, parenting requires thinking before acting. Every move has consequences.

3. Closing and Reflection: The session concluded with group sharing, where participants reflected on insights gained through the chess-based activities.

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Parenting with Awareness: Breaking Cycles and Building Strength

Length of the session: 3 *45 minutes

Profile of participants: Mixed groups of young people and older generations (parents and future parents)

Tools needed: yarns

Short description of the agenda:

1. Introduction

Icebreaker Activity: The Yarn Connection The thread of story - the thread of life

Participants sat around the big table with a ball of yarn sharing one parenting value or strength they admire in their family and connect each other.

2. Workshop Overview: Generational patterns and strength-based parenting.

3. Activities:

Session 1: Strength-Focused Reflection

Activity: "Strength-Based Sharing"

Participants wrote down 2 personal qualities or strengths they believe make them good parents/or their parents (e.g., patience, resilience, creativity).

In small groups, they shared their lists and offer encouragement or examples of how these strengths can positively impact their parenting.

In pairs, they discussed:

One behavior they want to keep doing.

One behavior they want to change or leave behind.



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Session 2: The Strength Web

Narrative Yarn Activity:

Returning to the yarn web, each participant used their thread to tell a story in which one of the mentioned strengths contributed.

Reflection and Gratitude:

Participants thanked one another for their openness and share one takeaway from the activity.

4. Closing and Reflection

Group Sharing:

Participants reflected on the workshop and share one commitment they plan to bring to their parenting.

5. Feedback Collection:

Participants expressed their thoughts on the workshop

Illustration:





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Exploring Parenthood Through the Lens of Goofy and Max's Journey

Length of the session: 4 *45 minutes

Profile of participants: Mixed groups of young people and older generations (parents and future parents)

Tools needed: Max and Goofy video

Short description of the agenda:

1. Icebreaker Activity: What Kind of Parent Am I or Want to Be?

Participants introduce themselves by sharing a favorite family trip memory.

Facilitator introduces the theme by referencing the dynamic between Goofy and Max in A Goofy Movie: a parent trying to connect, and a teenager seeking independence.

2. Activities

Group 1: Exploring Family Dynamics

Activity: Role Reversal Exercise – The Goofy-Max Dynamic

Participants act out a classic moment where Goofy plans a bonding activity, but Max wants something entirely different (e.g., fishing trip vs. concert).

Parents play the teenager (Max), and others play the overenthusiastic parent (Goofy).

Goal: *Experience the emotions of both sides and discuss the challenges of bridging the gap.*

Debrief:

How did role reversal influence their understanding of Goofy or Max's perspective?

How can parents balance their own goals with their child's growing independence?

Group 2: Building Empathy Through Perspective

Activity: Empathy on the Open Road

Participants are assigned roles: one is Goofy trying to connect, the other is Max feeling misunderstood.



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Recreate a scenario where Goofy's effort to bond clashes with Max's desire for autonomy (e.g., singing road trip songs vs. tuning out with headphones).

Facilitator encourages dialogue to uncover hidden motivations: Goofy's fear of losing his son vs. Max's struggle for independence.

Group Reflection:

What behaviors helped improve understanding?

How can parents encourage open communication without being overbearing?

Group 3: Conflict Resolution Scenarios

Activity: *The Perfect Cast of Problem-Solving*

Groups are assigned a family conflict inspired by A Goofy Movie moments (e.g., deciding the next stop on a trip, reconciling after an argument).

Each group acts out the resolution process, focusing on listening, compromise, and humor—just like Goofy and Max eventually do.

Role Play Presentations:

Groups share their scenes and how they resolved conflicts.

Others provide feedback on the balance of humor, empathy, and practicality.

Closing and Reflection (30 minutes)

4. Group Sharing:

Participants discuss their favorite moments from the workshop.

How will they apply lessons from Goofy and Max's journey to their own parenting?

5. Feedback Collection

Illustrations:





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Life Path Workshop- Having children as a Choice- Young people's opinion on becoming a parent

Length of the session: 3 *45 minutes

Profile of participants: young adults before parenthood

Tools needed: dixit cards, symbolset, papers, pencils,

Short description of the agenda:

Warm-up (10 min)

Introduction: Name game – Symbol game

Can we take a photo?

Show an image: Post-it – What do you think about it?

Drawing game: Warm-up for subjective (abstract/symbolic) drawing

Stand on the Side (10 min)

Participants stand to indicate their position on different topics:

Do you have children? How many?

Have you ever changed a diaper? Right: Never / Left: Many times / Middle: It happened before

Do you want children? / Do not want children?

Do you get annoyed by a baby crying on the subway? / Do you find it endearing/smile at it?

Are you better with small children? / Older children?

Scale: Small – Big

Reflection on the Past (15 min)

Each participant gets a large sheet of paper and draws a winding road.

In the middle of the road, they draw a circle.

Label the left side: "The Road So Far," and the right side: "The Road Ahead."

Personal Background

Participants reflect on their origins, including children, family, cultural background, language, and community. They can draw or write elements that represent these influences.

Companions on the Journey

They reflect on who has been part of their journey as parents – family, children, close friends, mentors, even pets.

(Symbols: Pretty stones)

Favorite Places & Milestones



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Participants mark significant places and locations from their journey. Then, they highlight two key milestones they have reached so far and illustrate or note them down.

Overcoming Challenges

Participants draw a mountain and a river to symbolize two challenges they have faced and overcome. They reflect on how they managed to get past these obstacles.

Survival Kit: Group Symbol Game (10 min)

At the top of their paper, participants create a "survival kit" listing three internal resources (values or strengths) that helped them through tough times—represented by three symbols.

Present Moment: Cup Game – Pairs? (10 min)

Imagining the Future (10 min)

Hopes and Dreams: 3 cloud post-its

Participants write down their hopes and dreams for the future, either for themselves or with their loved ones, and place them at the end of their path.

Future Destinations:

Encourage participants to note places, goals, or experiences they hope to encounter in the next 5 years. (Minimum: 1, Maximum: 3)

Parallel Universe (10 min)

If not already introduced, bring in the topic of children now.

Try to integrate: What would change? What would happen?

Write down expected challenges or difficulties related to their plan:

What obstacles would you face in this version of the future?

(For those already planning to have children: What difficulties do you anticipate with parenthood?)

Mountains and Rivers – Small Groups (15 min)

2-3 people per group

Participants find common points and then draw another mountain (+ river) to symbolize a challenge they expect to face.

They brainstorm strategies to overcome it.

Groups share their results with each other.

If Time Permits: Iceberg – Common / Significant / No Solution (15 min)

Group brainstorming on Sustainability and Parenting

Raising and Teaching (role modeling, parenting, discussions, information, nature connection)

Practical Methods and Tools (websites, products, home tips, and techniques)

Returning to Your Plan (5 min)

Do you want to modify your plan? If yes, do it now.

If you only want to add or remove something, last chance.



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Give participants time to review their journey and reflect on what they created.

If time allows: Choose a song that you would take with you on your journey.

Sharing the Journey

If someone wants to share their work, they can show it (including the song).

Take a photo for yourself – Is anyone willing to allow their work to be photographed?

Break down the elements.

Take your drawing with you; return the rest.

Closing

Group sitting in a circle.

Dixit (if time allows): How do you feel now? What thoughts do you have about this?

Show an image: Post-it – What do you think about it NOW?

Illustration:

