

SEPTEMBER 15, 2022

INTERNATIONAL DAY OF LISTENING: LISTEN TO HEAL
HEALING THROUGH POETRY

ACTIVITY PLANNING GUIDE



Listening to Heal: Healing through Poetry

SEPTEMBER 15, 2022

ACTIVITY PLANNING GUIDE

The need for healing and putting things back together again is felt around the globe. In addition to a virus, divisiveness is challenging individuals, families, circles of friends, and work teams. How can we bridge the gaps that have opened and how can we bring about healing?

This year's IDL will focus on what and how listening can contribute to bringing about the healing. We can be part of the medicine that can offer relief - for us and for those around us.

Title / Subject: Give your activity a name.	
Author(s):	
Audience: Make suggestions for the kind of audience for which this exercise would be suitable, e.g., family, friends, neighbors, age group. Who would be included?	
Goal(s): What would you want to achieve or to demonstrate? What is the expected take-away for participants?	
Description: What's the topic? Why is this potentially interesting?	
What do you do? Provide a structure for the session/event.	
Who would be the participants and how many? Suggest a group size.	
How to get started: What are typical discussion starters?	
Time: How long will the activity take?	
Preparation and Materials: What do you need? Material, References, etc.	
Notes / Observations:	