

## Open Academy Session: „EVERY CLOUD HAS A SILVER LINING”

Date, Time: Thursday, 31.03.2011, 10:30 – 12:30 and 14:00 – 16:00

Trainer: Jasmina Musić, Primary School “Kiseljak”, Bosnia and Herzegovina

### Workshop content/theme

Learning the method of “decentration”.

### Aims

To decentrate a situation means to see it from both sides. It also teaches you how to discover something positive in everybody. If you first focus on the negative characteristics of a person causing conflicts, and then switch on his/her positive sides, you can easily realize how good that person is and how you can use his/her positive traits.

### Method(s)/Approach

- Introducing the method of decentration – seeing one story from two different sides
- Story reading – reading a version of the story about Cinderella from the point of her step-mother’s view
- Discussion – describing the negative sides of the person you constantly argue with
- Discussion – describing the positive sides of the same person
- Discussion – trying to find the causes of the conflict between you and that person

### Further tips, sources, resource material or links

Pedagogical Institute Tuzla

### Impressions, Outcomes of the workshop

After reading a story about Cinderella’s step-mother in which she is all kind and nice and Cinderella is a dirty child who likes to make up stories, we all start to wonder. What is the truth? Then, if you apply the same process to everyday people, you start to ask yourself why we tend to forget the positive sides of a person, and see only the bad ones.

Many Open Academy participants have shared their stories and managed to switch the sides of their stories, and have ended up only thinking of the positive ones. It was amazing to meet so many new people and to learn so many new stories and to be able to share our everyday experiences.

