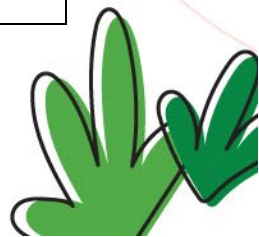




## IKIGAI – THE JAPANESE SECRET TO A LONG AND HEALTHY LIFE

Introduction	This workshop aims to challenge students to understand the meaningfulness for themselves. This starts by realizing what matters to me, what is important? By this realization students can improve their resilience and their ability to adapt. By this, this workshop helps students to understand the people they are going to help for.
Objective / teachers' goal	The goal of this workshop is to gain knowledge what is meaningful and what is important to yourself, and therefore to understand how to interact with people with different needs.
Relation to competence framework <a href="#">INTRODUCTION TO THE VITALITY COMPETENCE FRAMEWORK copy (vitalityforthefuture.eu)</a>	Competence in analyzing health needs, Capacity building and intervention
<input type="checkbox"/> Bodily functions <input type="checkbox"/> Mental wellbeing <input checked="" type="checkbox"/> Meaningfulness <input type="checkbox"/> Quality of life <input type="checkbox"/> Participation <input type="checkbox"/> Daily functioning	
Materials	Printed out My poitive health - spider webs, computers, internet connection
Approach	Interaction, assignments, cooperation
Type of activity (workshop, assignment, quiz, debat, presentation, etc.)	<p>Workshop consists of different action points:</p> <p>Point 1) What is important to me? Finding out the meaning. Hand out the students the six questions that can help students to find their ikigai:</p> <ol style="list-style-type: none"> <li>1) What did you enjoy doing the most as a child? Do you still experience these feelings now?</li> <li>2) Are the times when you forget everything around you? You get into a flow, lose sense of time, forget to eat... What are you doing these moments?</li> <li>3) If you could choose once again, which study would you have chosen?</li> <li>4) What are the most important lessons you learned from your parents? What do you definitely want to do differently?</li> <li>5) If you could invest 10 millions to start a new business, what would this company focus on?</li> <li>6) If I had a shop, I would sell....?</li> </ol>





	<p>Then organize the student group to form a little groups, 2 or 3 people. Guide them to discuss them one of these six questions, about 5 minutes per person (total of 15 minutes).</p> <p>Point 2) Evaluation and closing</p> <p>Discuss about what did the students learn? What is worthwhile and valuable to the students?</p>
<b>Duration</b>	2 hours
<b>Final goal (learning outcome)</b>	Students find their ikigai – their meaningfulness and what is worthwhile. By gaining self-knowledge the students can help people in need more effectively and more humanly.





Spiderweb Positive health

<b>Dimension/Aspects</b>							
<b>Bodily functions</b>	Feeling healthy	Fitness	Complaints and pain	Sleep	Food	Condition	Exercise
<b>Mental well-being</b>	Remember	Concentrate	Communicating	Being cheerful	Accepting yourself	Dealing with change	Sense of control
<b>Quality of life</b>	Enjoy	Being happy	Balance	Feeling safe	How you live	Get by with your money	Feeling comfortable with yourself
<b>Social participation</b>	Social contact	Be taken seriously	Doing fun things together	Belonging	Doing meaningful things together	Support from others	Interest in society
<b>Daily functioning</b>	Taking care of yourself	Knowing your limits	Knowledge of health	Dealing with time	Dealing with money	Being able to work	Being able to ask for help
<b>Meaning</b>	Meaningful life	Zest of life	Wanting to achieve deals	Have confidence	Accept	Gratitude	Keep learning

