

# FREEDOM

## PRINCIPLE:

All people have the right to live and to be free. You cannot control all circumstances, but you can make choices to help yourself, your family, and your community.

## WELCOME:

Get to know each other's names, sing a song together.

## DISCOVER:



## QUESTION:

- What do you see?
- How do you feel about what you see?
- How will you feel if you are placed in a similar cage?
- Was there a moment in your life you felt your freedom was taken, and how did you feel?
- What can we learn about the right to freedom from these experiences?

### **EMPHASIZE:**

- You have the right to live and be free and be safe.
- You may not control everything, but you still can make choices in those situations.
- Your choices could limit your freedom.
- Nobody can take away your right to freedom.

### **ACTIVITY:**

Face to face: Place a bottle of drink at the front of the class and elect one member to go and take it. Other class members are to prevent the elected member from getting to the drink.

Zoom game: Show some pictures of freedom activists and let the class guess who they are. Their stories should be shared with the class.

### **PLAN AND ACT:**

Make individual goals on how to apply the principle of freedom.

### **REFLECT:**

How did those goals influence your life? Share with the class.





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