

# The newspaper of hope



## OBJECTIVES:

- Encourage recognition of collective achievements and confidence.
- Cultivate creativity.
- Improve collaborative capacities.
- Increasing positive thinking and hope



## AXES:

**Sense of belonging and collective identity**



## STEP BY STEP OF THE ACTIVITY

### >> Introduction to the activity: (10-15 min)

Explain the objectives of the activity (see above).

Icebreaker: Energise the group through an invitation to complete the sentence:

*"I'm the only one who..."* (example: *"...speaks to plants"*)

With the cameras turned off (so that only the person who says *"I'm the only one who"* is visible). People who share what the first person says raise their hand (icon) or, better still, turn on their cameras.

### >> 1st part of the activity: Newspapers and news (10 min)

Ask the group if any of them have already created or participated in publications in their lives (such as a daily newspaper, radio programme, magazine, blog, TV programme etc.) *What was its objective?*

This can be complemented by commenting *"A newspaper is a publication that provides news, information and stories about events happening around us"*. Accompany the explanation by showing a digital newspaper. Try to show the different sections of the newspaper and, within an article such as the headline, pictures, etc. Explain: *"Now, we want to invite you to create a newspaper, with a special feature: it will be centred upon good things that are happening"*.

### >> 2nd part of the activity: Our newspaper (30 min)

Explain to the participants that they will work in separate breakout rooms, where they will receive each step of the task via messages, but that the facilitator will also visit each room to answer questions and clarify doubts.

Invite the group to meet in virtual rooms (in groups of 5 to 8 people) and ask each person to think about their last year of work to point out at least one positive thing that has happened (e.g. *"Our school won three prizes in mathematics"*; *"We were able to build a sports field, and we have inaugurated it"*). They can share pictures of the events they describe. There will be one secretary per group assigned to take notes (15 minutes).

Bring all the groups back together to the main room. Each group will describe their news. One of the facilitators will collect the news from each group in newspaper format, incorporating: headline, some images and a summary (see Canva link in *DIGITAL TOOLS AND CONNECTION REQUIREMENTS*) and will share their screen so that all participants can see the result.

## » 3rd part of the activity: Highlighting achievements to build resilience (20 min)

Facilitate a discussion on the relationship between good news and resilience (from positive psychology).  
How does recognising achievements serve community resilience?  
The facilitator will take notes on the ideas that emerge.



### METHODOLOGY:

Art therapy, positive psychology



### DIGITAL TOOLS INVOLVED:

Zoom/meet, computer with sound, and camera, whiteboard, canva.

### PREPARATION:

#### - Prior knowledge

- Know the digital tools to be used.
- Create a CANVA layout with multiple pages, to assign one page per group.



### DURATION:

2h

### PLATFORM USED:

Work will be done on the zoom/meet platform, with the possibility of splitting into rooms for small groups.  
Canva platform for creating the newspaper:  
[https://www.canva.com/design/DAGVhHqbiFI/c2j5xRO5zkOdSewyfyPKIA/edit?utm\\_content=DAGVhHqbiFI&utm\\_campaign=designshare&utm\\_medium=link2&utm\\_source=sharebutton](https://www.canva.com/design/DAGVhHqbiFI/c2j5xRO5zkOdSewyfyPKIA/edit?utm_content=DAGVhHqbiFI&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)



### TIPS FOR THE PERSON DOING IT:

Depending on the familiarity of the participants with Canva or similar tools, each group can be asked to design their own newspaper instead of having the facilitator compile all the news items.

This activity can be adapted in analogue format to work in your schools (with young people and children).



### THEORETICAL FRAMEWORK :

Direct media (May, 28 2023). Benefits of good news according to neuroscience. At <https://mediodirecto.cl/2023/05/28/beneficios-de-las-buenas-noticias-segun-las-neurociencias/>

Mosimane, A. W., Breen, C., & Nkhata, B. A. (2012). Collective identity and resilience in the management of common pool resources. *International Journal of the Commons*, 6(2), 344-362.  
<https://doi.org/10.18352/IJC.298>

Terrana, A., Ibrahim, N., Kaiser, B., & Al-Delaimy, W. K. (2022). Foundations of Somali Resilience: Collective Identity, Faith, and Community. *Cultural Diversity and Ethnic Minority Psychology*, 28(4), 533-543.  
<https://doi.org/10.1037/CDP0000536>