

## Detailed Activity

### **MNT Workshop Visualization Exercise KI Convention 2010**

#### **Presenter:**

*The following visualization is designed to provide you with an empathy building experience of what it might be like to face some of the challenges that millions of mothers and children face every day- especially in remote areas where MNT often strikes.*

*To begin, imagine you are 7 years old again. Take out a sheet of paper and write down your answers to the following prompts:*

- One word that describes how you feel after you taken your morning shower.*
- Your favorite memory of playing with your friends when you were about 6.*
- The most important lesson you learned in elementary school.*
- The name of a younger sibling or relative in your life.*
- Your favorite thing about being a member of Kiwanis.*

*Keep your sheet of paper displayed in front of you throughout the exercise.*

*Relax and clear your mind. Put yourself in the shoes of a young child or a young mother in a developing country.*

*This is a silent reflection exercise, so please do not speak during the exercise.*

*As you listen to the guided visualization, keep track of your feelings as each scenario is read.*

*Note: Presenter may ask an audience member to read the scenarios aloud to the group and then the presenter will follow each with the bold text.*

**Scenario 1:** As you awake this morning, you find yourself thirsty and dirty as you do most mornings. You were so tired, you didn't even realize that your tent has leaked during the night and you are now lying in mud. You get yourself up and know that there is no water available to clean up with, until you walk the three miles to the village well and bring back the supply for your family. You wipe the mud from yourself as best you can and prepare yourself to go and gather water.

***Please look at the word you wrote that describe your morning shower and cross it off the list, thickly, so you cannot see it any longer.***

**Scenario 2:** You now turn your attention to the task of gathering water for your family. You wake your sister and you both take the water jugs and start out on your walk. You both talk of how you wish you could be playing with your friends and having fun but the reality of your family's need quiets your complaining. You make up songs and make the best of the situation until you arrive at the well and start filling the water jugs.

***Please look at what you wrote about your favorite memory and cross it off the list, thickly, so you cannot see it any longer.***

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**Scenario 3:** The long walk home now awaits you. You dream of all the other things you could and should be doing instead of gathering water, but you know without the water, survival is not possible for your family. The heavy water jugs in each of your calloused hands have made your young shoulders sore and muscles ache. You wish you could just go to school and learn like the other children but have not been able to because this three hour walk must be made every day.

***Please look at what you wrote about the most important lesson you learned in elementary school and cross it off the list, thickly, so you cannot see it any longer.***

**Scenario 4:** As you return to the village with your water jugs full, you are very tired. You pour the water into the appropriate tubs for use – one for drinking, one for washing and one for cleaning. You are very careful because your mother had a new baby two days ago- a boy!- and you want them to have enough water. Even though you are exhausted, you are so excited to see him- he is so tiny and you can't wait for all you can do together as he gets bigger. But when you return the ladle to the bucket, you see your mother crying. The woman that helped deliver him is at your home, but you don't see a new baby anywhere. When you ask what the matter is, your mom tells you that the baby became very sick and started having spasms. He couldn't breathe right and was in a lot of pain. She says they tried to get help, but since you do not live near any hospitals or doctors' offices, it was too late. The new baby died - it hurts very badly and makes you angry that you don't have a little brother anymore. You don't understand how this could happen and you wish that something could be done about this.

***Please look at the name of your younger sibling (or relative/ special friend) and cross it off the list, thickly, so you cannot see it any longer.***

**Scenario 5:** As you grow older, you realize that the world is not a fair place. You are grateful for having a family and, have found ways to go to school and keep your family safe and nourished. Even with all the sadness and despair around you, you find hope and your strength in helping others. You have come to know that other people do care and are trying to help stop the needless deaths of innocent children everywhere. You know that someday soon you must leave your village to learn how to better improve the quality of life for your community. It is your life dream to return and make your world a better place – whatever it takes.

***Please look at the line where you wrote down your favorite part of being a Kiwanis member. Look at it and envision ways you can use your Kiwanis membership to do whatever it takes to make the world a better place. Look at it and see how you can use it to eliminate MNT.***