



STAGE 1

- I AM WHAT I AM GIVEN -

1.
year

THE REHEARSALS

- no talking allowed
- children will be cuddled & taken care of
- holding the hand of caregiver(s) as the only way to communicate with them

GROUP SESSIONS

- different forms of kinship, including friends, adoption, the grand parents, other family members or childless kinship
- possible hierarchies and rules in kinship structures
- kinship in other cultures
- different forms of living in community, including co-housing communities, sharing a home, multigenerational households, couples living apart together, not-so-single parents, and seniors
- care for birthing person and child in the first year

WRITING EXERCISES

- how do you receive care?
- how do you care for others?
- how do you want care to be distributed in your kinship?



STAGE 2

- I AM WHAT I WANT -

2. - 3.
year

THE REHEARSALS

- children learn how to walk for the first time
- children will “recognise” themselves for the first time in a mirroring session
- children are encouraged to make a mess while the caregiver has to keep the apartment tidy whilst making dinner/telephone calls and encouraging the child to express itself

GROUP SESSIONS

- identity
- feeling comfortable
- feeling safe
- feeling at home

WRITING EXERCISES

- who are you?
- how do you see yourself?
- how does the world see you?
- how do you express yourself?
- how does the world affect how you express yourself?

STAGE 3

- I AM WHAT I IMAGINE MYSELF TO BECOME -

4. - 6.
year

THE REHEARSALS

- children express their anger
- after that the caregiver(s) will ask them how they feel
- children can try a grand variety of arts & crafts for the first time
- while caregiver(s) will be instructed how to give gentle and truthful feedback

GROUP SESSIONS

- emotions being declared good or bad
- healthy anger: the three archetypes (old, acute, sacred)
- the art of dreaming and imagining ones future

WRITING EXERCISES

- life goals
- achievements
- dreams

STAGE 4

- I AM WHAT I LEARN -

6. - 11.
year

THE REHEARSALS

- children will learn how to write for the first time
- children will get homework on school and the social environment as an additional habitat with new rules and norms
- parents will help them find their place in this

GROUP SESSIONS

- the inner child
- the inner critic
- how to get in contact with them and listen to their dreams, needs, expectations and wisdom
- planing, controlling and letting go

WRITING EXERCISES

- being useful
- taking the inner voices seriously
- doing/being enough
- spending time and money on yourself and your development

STAGE 5

- I AM WHAT I AM & WE ARE WHAT WE LOVE -

12. - 20.
year

THE REHEARSALS

- scripted discussions between children & caregiver(s)
- children will ask uncomfortable questions
- parents will start difficult conversations

GROUP SESSIONS

- societal norms & expectations
- the own impact on the world
- politics and emotions

WRITING EXERCISES

- look at ones own caregiver(s) and their decisions
- reflect on ones own well-being during the last stage
- answering, once more, the first question of the retreat