

Session 1 (15 April 2025): Introduction, Social Connection, and Group Engagement

Aim

To establish a psychologically safe group climate by enhancing social familiarity, embodied engagement, and positive emotional activation, thereby laying the groundwork for sustained participation and group cohesion in subsequent sessions.

Intended Learning and Psychosocial Outcomes

- ✓ Recognize and recall the names of group members
- ✓ Initiate and sustain basic interpersonal interaction within the group
- ✓ Engage in coordinated movement and shared action
- ✓ Experience initial feelings of comfort, enjoyment, and belonging within the group context

Session Structure and Mechanisms

<i>A. Preparation and Warm-Up Phase</i>	
<p style="text-align: center;">Activity 1</p> <p style="text-align: center;">Name–Movement Association Circle</p> <p>Participants formed a circle. Each participant introduced themselves by stating their name and pairing it with a self-selected simple movement. The group collectively repeated both the name and the movement.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Somatic down-regulation of arousal, interoceptive awareness, mind–body connection in stress response.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Positive Emotions:</i> calmness, relief. <i>Engagement:</i> present-moment bodily attention</p>	<p style="text-align: center;">Activity 2</p> <p style="text-align: center;">Partner Connection through Music</p> <p>While instrumental music played, participants moved freely in the space. When the music stopped, they paired with the nearest person and engaged in brief guided interactions (eye contact, emotional check-in, shared breathing). Partners changed across rounds.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Emotional attunement, social co-regulation, non-verbal communication.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Relationships:</i> emotional connection, empathy. <i>Positive Emotions:</i> warmth, comfort.</p>
<p style="text-align: center;">Activity 3</p> <p style="text-align: center;">Name-Based Spatial Exchange</p> <p>Participants exchanged places in the circle through eye contact, name repetition, and physical movement, progressing from self-name calling to recalling and calling others' names.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Social approach behavior, cognitive flexibility and inhibition control, emotion regulation under mild performance demand.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Engagement:</i> absorption in task and movement, <i>Relationships:</i> eye contact, mutual responsiveness, <i>Accomplishment:</i> successful recall and task completion.</p>	<p style="text-align: center;">Activity 4</p> <p style="text-align: center;">Personal Preference Sharing</p> <p>Participants introduced themselves alongside personal preferences (favorite activity, favorite place, favorite song), with the group repeating each statement collectively.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Self-disclosure at a safe, non-threatening level, recognition of shared interests, reinforcement of identity through group acknowledgment.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Relationships:</i> interpersonal bonding, similarity recognition, <i>Meaning</i> (incipient): feeling seen and acknowledged.</p>

<p style="text-align: center;">Activity 5</p> <p style="text-align: center;">Guided Partner Navigation (Blind Walk)</p> <p>One participant navigated the space with eyes closed while the partner guided them using only palm-to-palm contact; roles were later reversed.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Trust development, tolerance of uncertainty, emotional regulation in vulnerability.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Relationships</i>: trust and mutual reliance. <i>Engagement</i>: heightened sensory awareness.</p>	<p style="text-align: center;">Activity 6</p> <p style="text-align: center;">Mirror Exercise</p> <p>Paired participants alternated roles as leader and mirror, replicating slow, continuous movements in synchrony.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Attentional focus, emotional resonance, non-verbal empathy.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Engagement</i>: sustained concentration <i>Relationships</i>: attunement and synchrony</p>
B. Enactment Phase	
<p>Activity 7</p> <p style="text-align: center;">Expressive Gesture and Facial Improvisation</p> <p>Participants responded nonverbally to short everyday scenarios through spontaneous facial expressions and gestures.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Emotional awareness and expression, embodied simulation of daily experiences, reduction of emotional suppression.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Positive Emotions</i>: emotional release. <i>Engagement</i>: present-moment responsiveness. <i>Meaning</i> (incipient): recognizing emotions as part of lived experience.</p>	
C. Reflection and Evaluation Phase	
<p>Activity 8</p> <p style="text-align: center;">“Aşure” Metaphor Circle</p> <p>Participants symbolically completed the phrase “This group is like a dessert with everything in it, but it would be even better with...”, naming a group member.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Positive reframing, social appreciation, group affirmation.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Relationships</i>: appreciation and inclusion. <i>Meaning</i>: contribution to a collective whole.</p>	
<p>Activity 9</p> <p style="text-align: center;">Guided Reflection</p> <p>Participants reflected on challenges, moments of self-efficacy, stress regulation, and emotional experiences during the session.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Meaning</i>: sense-making. <i>Accomplishment</i>: recognition of “I did it” moments.</p>	
<p>Activity 10</p> <p style="text-align: center;">Participant Diaries</p> <p>Participants documented their subjective experiences in written form.</p> <p style="text-align: center;">Purpose</p> <p>Process-based evidence generation, Support for reflexive awareness</p>	

Session 2 (22 April 2025): Coping with Stress and Emotions through Embodied Interaction

Aim

To enhance participants' capacity for emotional awareness, stress regulation, and interpersonal attunement through embodied, relational, and reflective activities, supporting adaptive coping in everyday stress-inducing situations.

Intended Learning and Psychosocial Outcomes

- ✓ Express and recognize emotional states in self and others
- ✓ Experience and practice basic stress-regulation strategies
- ✓ Cooperate with others in emotionally demanding contexts
- ✓ Generate alternative responses to common daily stressors

Session Structure and Mechanisms

<i>A. Preparation and Warm-Up Phase</i>	
<p style="text-align: center;">Activity 1</p> <p style="text-align: center;">Guided Breathing Exercise</p> <p>Participants formed a circle and engaged in a guided breathing practice emphasizing diaphragmatic breathing, slow exhalation, and shoulder relaxation across multiple breathing cycles.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Multisensory encoding (verbal + motor), social mirroring and shared attention, reduction of social inhibition through playful repetition.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Positive Emotions:</i> enjoyment, amusement. <i>Engagement:</i> embodied attention, active participation. <i>Relationships:</i> mutual recognition and mirroring</p>	<p style="text-align: center;">Activity 2</p> <p style="text-align: center;">Rhythmic Name Syllabification</p> <p>Participants articulated their names by syllables while maintaining rhythm through finger snapping, with the number of snaps corresponding to syllable count.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Sustained attention through rhythm, cognitive activation and working memory engagement, group synchronization.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Engagement:</i> focused attention, flow-like rhythmic involvement, <i>Accomplishment</i> (incipient): successful coordination and recall.</p>
<p style="text-align: center;">Activity 3</p> <p style="text-align: center;">Name-Based Spatial Exchange</p> <p>Participants exchanged places in the circle through eye contact, name repetition, and physical movement, progressing from self-name calling to recalling and calling others' names.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Social approach behavior, cognitive flexibility and inhibition control, emotion regulation under mild performance demand.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Engagement:</i> absorption in task and movement, <i>Relationships:</i> eye contact, mutual responsiveness, <i>Accomplishment:</i> successful recall and task completion.</p>	<p style="text-align: center;">Activity 4</p> <p style="text-align: center;">Personal Preference Sharing</p> <p>Participants introduced themselves alongside personal preferences (favorite activity, favorite place, favorite song), with the group repeating each statement collectively.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Self-disclosure at a safe, non-threatening level, recognition of shared interests, reinforcement of identity through group acknowledgment.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Relationships:</i> interpersonal bonding, similarity recognition, <i>Meaning</i> (incipient): feeling seen and acknowledged.</p>

<p style="text-align: center;">Activity 5</p> <p style="text-align: center;">Guided Partner Navigation (Blind Walk)</p> <p>One participant navigated the space with eyes closed while the partner guided them using only palm-to-palm contact; roles were later reversed.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Trust development, tolerance of uncertainty, emotional regulation in vulnerability.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Relationships</i>: trust and mutual reliance. <i>Engagement</i>: heightened sensory awareness.</p>	<p style="text-align: center;">Activity 6</p> <p style="text-align: center;">Mirror Exercise</p> <p>Paired participants alternated roles as leader and mirror, replicating slow, continuous movements in synchrony.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Attentional focus, emotional resonance, non-verbal empathy.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Engagement</i>: sustained concentration <i>Relationships</i>: attunement and synchrony</p>
<i>B. Enactment Phase</i>	
<p>Activity 7</p> <p style="text-align: center;">Improvisation of Daily Stress Scenarios</p> <p>Participants responded nonverbally to short everyday scenarios through spontaneous facial expressions and gestures.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Cognitive reappraisal, emotional distancing, perspective-taking.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Meaning</i>: sense-making of lived stress. <i>Accomplishment</i>: adaptive response generation.</p>	
<i>C. Reflection and Evaluation Phase</i>	
<p>Activity 8</p> <p style="text-align: center;">Verbal Reflection</p> <p>Participants reflected on newly gained awareness regarding stress and emotional coping, sharing insights and personal takeaways.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Meaning</i>: reflective integration. <i>Positive Emotions</i>: relief, reassurance.</p>	
<p>Activity 9</p> <p style="text-align: center;">Participant Diaries</p> <p>Participants documented their experiences and emotional responses in written form.</p> <p style="text-align: center;">Purpose</p> <p>Process-based evidence generation, support for reflexive awareness.</p>	

Session 3 (29 April 2025): Decision-Making and Problem-Solving through Collective Action

Aim

To strengthen decision-making and problem-solving capacities by engaging participants in embodied, cooperative, and cognitively demanding activities that require joint planning, flexible thinking, and collective responsibility.

Intended Learning and Psychosocial Outcomes

- ✓ Recognize and define a problem situation
- ✓ Apply basic problem-solving steps
- ✓ Make decisions under uncertainty
- ✓ Cooperate with group members while working toward shared solutions

Session Structure and Mechanisms

<i>A. Preparation and Warm-Up Phase</i>	
<p style="text-align: center;">Activity 1</p> <p style="text-align: center;">Breath and Body Activation</p> <p>Participants engaged in a sequence of guided breathing and slow body movements emphasizing posture, diaphragmatic breathing, controlled flexion, and spinal articulation.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Physiological regulation supporting cognitive readiness, mind–body integration, preparation for sustained attention and executive functioning.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Positive Emotions:</i> calmness, grounding. <i>Engagement:</i> embodied awareness and focus.</p>	<p style="text-align: center;">Activity 2</p> <p style="text-align: center;">Push–Pull Partner Exercise</p> <p>Participants paired with nearby partners and practiced gentle, controlled push–pull movements, emphasizing balance, responsiveness, and mutual adjustment rather than force.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Sensory feedback and self-regulation, negotiation of resistance, awareness of boundaries and control.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Engagement:</i> sustained bodily attention. <i>Relationships:</i> coordination and responsiveness.</p>
<p style="text-align: center;">Activity 3</p> <p style="text-align: center;">Finding One’s Movement Partner</p> <p>Paired participants pre-selected a shared movement. One participant acted as an observer tasked with identifying matching pairs based on movement execution.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Pattern recognition, hypothesis testing, strategic observation and inference.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Engagement:</i> cognitive focus. <i>Accomplishment:</i> successful identification and task completion.</p>	<p style="text-align: center;">Activity 4</p> <p style="text-align: center;">Human Knot (Knot Untangling)</p> <p>Participants formed a physical knot by randomly holding hands and were asked to untangle the knot without releasing contact, relying solely on communication and cooperation.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Collective problem representation, sequential planning, tolerance of ambiguity.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Relationships:</i> cooperation and trust. <i>Engagement:</i> sustained group problem-solving.</p>
<p style="text-align: center;">Activity 5</p> <p style="text-align: center;">Rope Coordination Challenge</p> <p>Participants held a long ribbon or rope and were instructed to form a knot without letting go, coordinating movements and decisions collectively.</p>	

Underlying mechanisms

Shared goal orientation, distributed decision-making, adaptive strategy formation.

PERMA alignment

Engagement: collective focus. *Accomplishment*: achieving a shared solution.

B. Enactment Phase

Activity 6

Improvisational Problem Scenarios

Participants worked in groups of four to enact dramatized scenarios involving uncertainty, limited resources, ethical dilemmas, and conflicting interests (e.g., survival decisions, shared resources, community disputes). Each group first discussed the scenario, decided on a course of action, assigned roles, and then performed the improvisation.

Underlying mechanisms

Analytical reasoning, anticipation of consequences, perspective-taking and moral judgment.

PERMA alignment

Meaning: sense-making in complex situations. *Accomplishment*: decision justification and solution generation.

Post-enactment reflection focused on

Identification of the core problem, short-term versus long-term consequences, reasoning behind chosen decisions.

C. Reflection and Evaluation Phase

Activity 7

Verbal Group Reflection

Participants shared insights regarding their experiences of decision-making, cooperation, and problem-solving throughout the session.

PERMA alignment

Meaning: reflective integration. *Positive Emotions*: confidence, reassurance

Activity 8

Participant Diaries

Participants documented their experiences, perceived challenges, and personal learning outcomes in written form.

Purpose

Process-based evidence generation. Support for reflective consolidation.

Session 4 (6 May 2025): Creative and Critical Thinking through Perspective Shifting

Aim

To foster creative and critical thinking by encouraging participants to question habitual interpretations, generate alternative perspectives, and engage in ethical reflection through embodied and dramatized everyday scenarios.

Intended Learning and Psychosocial Outcomes

- ✓ Generate alternative viewpoints beyond habitual responses
- ✓ Demonstrate cognitive flexibility through improvisation and role-taking
- ✓ Reflect critically on social situations involving ambiguity and moral tension

Session Structure and Mechanisms

<i>A. Preparation and Warm-Up Phase</i>	
<p style="text-align: center;">Activity 1 Embodied Warm-Up</p> <p>Participants engaged in a structured sequence of gentle physical movements involving posture, joint mobilization, breathing, and brief partner-based touch (shoulder massage).</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Physical relaxation supporting mental openness, reduction of bodily tension that may constrain creative expression, establishment of interpersonal comfort.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Positive Emotions:</i> relaxation, comfort. <i>Engagement:</i> bodily awareness.</p>	<p style="text-align: center;">Activity 2 “Do What I Say, Not What I Do”</p> <p>Participants responded to a mismatch between verbal instruction and physical action, performing the stated action rather than the observed one.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Inhibition of automatic responses, cognitive flexibility, decoupling perception from action.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Engagement:</i> sustained attention. <i>Accomplishment:</i> successful rule-shifting.</p>
<p>Activity 3 Object Transformation</p> <p>A common object (paper tissue) was passed around the circle. Each participant assigned it a novel function and enacted a brief role based on this new meaning.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Divergent thinking, symbolic transformation, creative imagination.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Engagement:</i> creative absorption. <i>Accomplishment:</i> novel idea generation.</p>	
<i>B. Enactment Phase</i>	
<p>Activity 4 Improvised Public Space Scenario (Child Vendor)</p> <p>Participants enacted a shared scene in a seaside setting, responding spontaneously to a child selling tissues. The facilitator later entered the scene in-role as the child, increasing emotional and ethical complexity.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Perspective-taking, emotional responsiveness, ethical sensitivity</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Meaning:</i> moral reflection. <i>Relationships:</i> empathic engagement.</p>	

Post-enactment reflection focused on

Identification of the core problem, short-term versus long-term consequences, reasoning behind chosen decisions.

Activity 5

Improvised Public Space Scenario (Adult in Distress)

Participants enacted a marketplace scenario involving a distressed adult, responding in-role and reflecting on discomfort, judgment, and social responsibility.

Underlying mechanisms

Critical reflection on social norms, awareness of implicit biases, emotional regulation in morally ambiguous situations.

PERMA alignment

Meaning: sense-making. *Positive Emotions*: compassion (incipient).

Activity 6

Reframing with New Information

Participants revisited the previous scenarios with new contextual information revealing exploitation, prompting groups to generate alternative responses and enact revised solutions.

Underlying mechanisms

Reappraisal and cognitive restructuring, integration of new information into decision-making, ethical reasoning under complexity.

PERMA alignment

Meaning: deeper moral understanding. *Accomplishment*: adaptive re-solution of the situation

C. Reflection and Evaluation Phase

Activity 7

Symbolic Closing Reflection

Participants passed the tissue object and shared what the session represented for them.

PERMA alignment

Meaning: symbolic integration. *Relationships*: shared reflection.

Activity 8

Participant Diaries

Participants documented their experiences, insights, and emotional responses in written form.

Purpose

Process-based evidence generation. Consolidation of creative and critical insights.

Session 5 (13 May 2025): Empathy and Self-Awareness through Role-Based Perspective Taking

Aim

To enhance empathic understanding and self-awareness by enabling participants to experience unfamiliar life narratives, reflect on emotional responses, and recognize their own internal reactions within imagined social roles.

Intended Learning and Psychosocial Outcomes

- ✓ Demonstrate empathic engagement with diverse life stories
- ✓ Increase awareness of their own emotions, thoughts, and reactions
- ✓ Reflect on barriers, aspirations, and emotional meaning in others' lives

Session Structure and Mechanisms

<i>A. Preparation and Warm-Up Phase</i>	
<p style="text-align: center;">Activity 1</p> <p style="text-align: center;">Embodied Warm-Up</p> <p>Participants completed a structured sequence of gentle physical movements combined with breathing and brief interpersonal touch (shoulder massage).</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Somatic relaxation, emotional readiness, establishment of interpersonal trust.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Positive Emotions:</i> calmness, safety. <i>Relationships:</i> physical attunement</p>	<p style="text-align: center;">Activity 2</p> <p style="text-align: center;">Movement Memory</p> <p>Participants transmitted a bodily movement nonverbally through a line, relying on tactile attention and embodied memory.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Attentional focus, nonverbal communication cooperative accuracy.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Engagement:</i> sustained concentration <i>Accomplishment:</i> successful transmission</p>
<p style="text-align: center;">Activity 3</p> <p style="text-align: center;">“Where Are You – I’m Here”</p> <p>A sound-based navigation task involving trust, listening, and spatial awareness.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Trust building, sensory attunement, reliance on others.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Relationships:</i> mutual responsibility. <i>Engagement:</i> heightened listening.</p>	<p style="text-align: center;">Activity 4</p> <p style="text-align: center;">Wolf and Lamb</p> <p>A group-based protection game emphasizing collective responsibility.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Collective problem representation, sequential planning, tolerance of ambiguity.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Relationships:</i> cooperation and trust. <i>Engagement:</i> sustained group problem-solving.</p>
<i>B. Enactment Phase</i>	
<p style="text-align: center;">Activity 5</p> <p style="text-align: center;">“Walking in Someone Else’s Shoes”</p> <p>A single pair of shoes was used to construct a fictional character through collective narrative building, followed by dramatization.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Perspective taking, narrative empathy, symbolic role identification.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Meaning:</i> understanding lived experience. <i>Engagement:</i> narrative immersion</p>	
<p style="text-align: center;">Activity 6</p> <p style="text-align: center;">Unfulfilled Aspirations</p> <p>Participants dramatized the character’s unrealized life goals and identified barriers.</p>	

<p style="text-align: center;">Underlying mechanisms</p> <p>Emotional resonance, recognition of structural and personal constraints.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Meaning:</i> reflection on life paths.</p>
<p style="text-align: center;">Activity 7</p> <p style="text-align: center;">Generating Solutions</p> <p>Participants explored possible pathways for the character to achieve their aspiration through improvised solutions.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Compassionate problem solving, hope-oriented thinking.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Accomplishment:</i> adaptive solution generation. <i>Positive Emotions:</i> hope</p>
<p><i>C. Reflection and Evaluation Phase</i></p>
<p style="text-align: center;">Activity 7</p> <p style="text-align: center;">Symbolic Reflection</p> <p>Participants reflected on the character's imagined success using a shared sentence stem.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Meaning:</i> emotional integration</p>
<p style="text-align: center;">Activity 8</p> <p style="text-align: center;">Participant Diaries</p> <p>Written reflections captured internal emotional shifts and empathic insights.</p> <p style="text-align: center;">Purpose</p> <p>Process-based evidence generation. Support for reflective insight.</p>

Session 6 (20 May 2025): Communication and Interpersonal Relationship Skills

Aim

To strengthen interpersonal communication, active listening, and mutual understanding through embodied interaction, symbolic exchange, and reflective dialogue.

Intended Learning and Psychosocial Outcomes

- ✓ Recognize the role of attentive listening in relationships
- ✓ Express and receive positive interpersonal feedback
- ✓ Experience being heard, understood, and valued

Season Structure and Mechanisms

<i>A. Preparation and Warm-Up Phase</i>	
<p style="text-align: center;">Activity 1 Musical Passing Game</p> <p>Participants engaged in rhythmic object passing and movement synchronized with music.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Playfulness, social synchronization</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Positive Emotions: joy. Engagement: rhythmic focus</i></p>	<p style="text-align: center;">Activity 2 Concept Matching through Movement</p> <p>Participants embodied abstract relational values such as friendship and peace.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Symbolic cognition, social meaning attribution</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Meaning: shared values. Relationships: collective movement</i></p>
<p style="text-align: center;">Activity 3 Concept Pairing Game</p> <p>Participants matched relational concepts through attentive listening.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Cognitive association, auditory attention</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Engagement: focused listening.</i></p>	<p style="text-align: center;">Activity 4 Back-to-Back Word Transmission</p> <p>Nonverbal word transfer emphasized clarity, patience, and attentiveness.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Precision in communication, awareness of misinterpretation</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Accomplishment: successful message transfer.</i></p>
<i>B. Enactment Phase</i>	
<p style="text-align: center;">Activity 5 Silent Conflict and Listening</p> <p>Participants enacted unresolved interpersonal tension using body language, followed by gradual verbalization emphasizing listening.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Emotional attunement, experiential understanding of being heard.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Relationships: mutual understanding. Meaning: relational insight.</i></p>	
<p style="text-align: center;">Activity 6 Positive Reflection Exchange</p> <p>Participants wrote and shared affirming observations about one another.</p> <p style="text-align: center;">Underlying mechanisms</p> <p>Strength recognition, social validation.</p> <p style="text-align: center;">PERMA alignment</p> <p><i>Positive Emotions: appreciation. Relationships: affirmation.</i></p>	

C. Reflection and Evaluation Phase

Activity 7

Group Reflection

Participants reflected on changes in their listening and understanding practices.

PERMA alignment

Meaning: reflective integration

Activity 8

Participant Diaries

Written reflections consolidated relational insights.

Purpose

Process-based evidence generation. Support for relational reflection.