



Youth Work Ireland

CUT FROM

THE SAME CLOTH

**Youth Work Ireland Week 2024
Activity Pack**

**Resource to Support Young People's
Understanding of Integration and
Connection**



European
Union

**EUROPEAN
YOUTH WEEK**



An Roinn Leanaí, Comhionannais,
Míchumais, Líonpháirtíochta agus Oige
Department of Children, Equality,
Disability, Integration and Youth

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**YOUTH WORK IRELAND WEEK
ACTIVITY PACK FOR YOUTH WORKERS**

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ABOUT YOUTH WORK IRELAND WEEK

Youth Work Ireland Week takes place from Saturday April 13th - Saturday April 20th, 2024, and aims at promoting and evidencing the impact and value of locally based youth services in Ireland. Youth Work Ireland Week is a key event in the calendar of Youth Work Ireland Member Youth Services and will see hundreds of events and activities taking place in local youth clubs and youth groups around Ireland.

This year Youth Work Ireland Week will explore ideas around what makes us human, and what connects us to each other - irrespective of where we are from in the world, what our religious, racial or ethnic beliefs are – we all belong to one race - the human race and it is the unity in our diversity that makes us richer; it is our kindness and connection to each other that makes us stronger.

By discussing and exploring these themes with young people through fun and creative ways in youth work settings, we can support and encourage them to understand and to learn how to transcend differences and to come to the realisation that we are all part of a global world and that our purpose should be to build a better, more prosperous, more united, more just and equal world for all.

European Youth Week 2024

This year Youth Work Ireland Week will run alongside European Youth Week which takes place the 12th - 19th April under the slogan 'Voice Your Vision'. Youth services are invited to run activities and events to celebrate the theme during the week.

Some suggested activities could include:

- Intercultural food fairs
- Intercultural music events including Open Mic nights.
- Fashion shows
- Intercultural art exhibitions
- Human Library / Vlogs /
- Stories where young people get to talk about what is important to them growing up in Europe.
- An Act of Kindness in the locality where you live individually but also collectively.

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PROCESS

- Local youth clubs and projects will receive this activity pack and individual pieces of felt cloth in advance of Youth Work Ireland Week.
- Youth workers and volunteers leading the activity are asked to do a plan-do-review session to ensure they are clear on the activities, sessions, and learning.
- It is expected that groups will not get to do all the sessions in this activity pack in one go; so workers can decide which of the activities best suit their group of young people; however we do ask every group to do the arts activity 'Cut from the Same Cloth'.
- Youth workers must have a brief pre-session with young people to talk them through the aims and objectives of the activity and tease out some of the definitions and terms that are contained at the back of this pack.
- Before embarking on the arts activity, it is a good idea to allow young people map out their ideas on a piece of paper before they begin to work on their pieces of felt cloth.
- Once the young people are done decorating their felt pieces, assemble them into a large collage which can be displayed on a wall.
- We are asking all clubs/groups who participate to document the activity on social media by sharing, tweeting, and posting the 'Cut from the Same Cloth' process and the regional or local events you organise as part of Youth Work Ireland Week.

Make sure to tag Youth Work Ireland on all posts
www.facebook.com/youthworkireland
[@ywirl](https://www.instagram.com/youthworkireland)

If you are tweeting, please include the hashtag #cutfromthesamecloth



AIMS OF THIS PACK

Overall Aim: Increase young people's understanding of integration, connection, diversity, oneness and interculturalism by providing a safe, supported and facilitated space where they can explore and discuss these issues.

- Promote the role and value of youth work in relation to supporting integration in local communities
- Encourage young people in their understandings of human kind as one designed to be “kind” and that “power” comes from this oneness.
- Raise awareness among young people of their role in society and their ability to create a better world for all.
- Explore some of the challenges young immigrants might face while integrating into Irish communities.
- Build the knowledge, understanding and awareness of young people around integration, inclusion and interculturalism.
- Encourage young people to create opportunities in their daily lives to carry out acts of kindness or services in their communities.
- Explore with young people concepts that foster active citizenship so they are reminded about the importance of welcoming people that are different from ourselves.
- Learn through meaningful activities that integration and inclusion are keys for our society to flourish, because we are all humans. The “other” is me, and “I am” is the other. We are all humans, we are different and unique and yet we are so similar.
- Explore, understand, practice and experience kindness as a powerful tool for connection so we have better integration, inclusion and peace in our communities.

CUT FROM THE SAME CLOTH

A journey of themes and activities to realize the power of one: we are all members of one human family, one shared humanity, whose kindness and connections makes us stronger to build a better world together.

MICHAEL

D.

HIGGINS

“ We must seek to build together an active citizenship, one based on participation, equality, respect for all and the flowering of creativity. A confident people is our hope, a people at ease with itself, a people that grasps the deep meaning of the proverb “Ní neart go cur le chéile” - our social solidarity.” (There is no strength without unity).” - **The President of Ireland, Michael D. Higgins**

NOTE TO ALL

We suggest you use and read with your groups the quote of President Michael D. Higgins. We hope you can refer to it regularly during your sessions with the young people who are the citizens of today, building a better society in Ireland and elsewhere for today and tomorrow through their thoughts, words and actions, talents and capacities.

As you move along through the sessions in this activity pack, young people will deepen their understanding and knowledge of how we are connected; and expand their ideas and feelings about the power of one to create meaningful integration in our communities, our towns and our wider world where all feel welcome, included and empowered, and to be reminded that as humans we are all cut from the same cloth.



IMPORTANT!

Prior to starting, establish group guidelines to ensure that the group is comfortable, has trust and confidentiality. Assure the young people that the session is a safe place to share and explore their views and feelings about integration, but this must be done in a spirit of respect, curiosity and kindness.

Depending on your group or time schedule you can go through this pack session by session, or you can dip in and out of it, choosing the activities you feel best suit your group.

ACTIVITY ONE

WHAT MAKES US HUMAN?

PURPOSE

This is a warmup activity to get the group to begin to think about the planet they live on. You can run this like a mini quiz to get the group to think about the fact that there is only one planet earth and that we are all part of it and can make this world a more equal and inclusive place for all.



WHAT IS HUMANITY?

ONE PLANET? ONE COUNTRY!

READ: When we look at the solar system, we see a number of planets, but there is only ONE planet EARTH, and when we look at it from space, there are no borders, no names, only land and seas. And yet... humans over centuries have named its continents, its seas and its oceans.

Q: Do you know how many people live on this planet?

A: 8.1 billion people live on this earth.

Q: Do you know how many men live on this planet? How many women?

A: Men represent 50.25% of world's population and Women represent 49.75%.

Q: How many people globally are between 0 and 18 years old?

A: 2.4 billion or about 29% of the world population is between 0 and 18 years old.

Q: What percentage of the Irish population is made up of young people?

A: According to the recent census a third of the Irish population are 0-24 years of age.

Q: Can you guess how many people living across the world claim to be of Irish descent?

A: There are approximately 70-80 million people living all across the global who claim to be of Irish descent living outside of Ireland!

Q: Where is the one place on earth where all the countries of the world meet?

A: The countries of the world all meet in New York City - on an international territory that belongs to 193 countries. All the flags are lined up in front of the buildings: from A- Afghanistan to Z - Zimbabwe. It is the United Nations Headquarters in New York City. All the countries and peoples are represented here with 6 official languages spoken - Arabic, English, French, Mandarin, Russian & Spanish.

ACTIVITY TWO

CULTURAL ICEBERG

PURPOSE

To better understand the major elements that define culture.

To distinguish between the visible and invisible aspects of culture.

MATERIALS

Flipchart sheet

Pieces of paper (A4 or A3)

Markers

Printout of the
Cultural Iceberg image.

NOTE FOR SESSION

Consider what percentage of an iceberg is visible above the waterline? The answer is 10 percent. This means that 90 percent of the iceberg is invisible and unless we plunge below the surface of the water we can't see it. A surface-level look alone doesn't allow us to see the depth and breadth of the full iceberg. The same is true of different cultures, many people take a surface look at a different culture and make a judgement. However, like the iceberg, a quick glance doesn't allow us to see the depth of a culture. The iceberg metaphor for culture helps us to notice what lies beneath.

METHODOLOGY

- Divide the young people into smaller groups, ask them to draw an outline of an iceberg.
- Ask them what they know about the size and shape of icebergs? How much of an iceberg is above the water? How much is underwater and get them to draw a waterline on their iceberg.
- Ask them to think about and choose a culture other than their own.
- Next ask them to write the elements and characteristics that are most obvious about this culture and would appear above the waterline of their iceberg.
- Allow them time to research other characteristics of the culture they choose and ask them to write these other characteristics on the page but under the waterline. Remind them that some aspects of a culture can only be understood or learnt as understanding of that culture grows.

After they have finished you can have an iceberg outline drawn on the larger flipchart sheet or you can do this as a discussion session and ask the young people to call out 2 characteristics of a culture and say whether they are above or below the waterline.



DISCUSSION FOLLOW UP

- Is there any characteristics below the waterline that might influence or determine how you think about a culture?
- How can you get to know more about the characteristics below the waterline?
- Set yourself a personal challenge to learn more about the culture you choose.

ACTIVITY THREE

KINDNESS IMAGINED

This section is building on the previous one. We are one common humanity, we all share the one planet, and this is powerful, but what gives it greater power is Kindness. As the saying goes “in a world where you can be anything, be kind” It is these two elements together that also make our world a better place to live and prosper together, for the well-being of all.

PURPOSE: To foster the concept of Hope. In a world where current events have brought darkness and despair for our young people, light can destroy darkness and hope can be opposed to despair. Hope for a better world. Hope for humans to show kindness towards one another. Hope that kindness starts with us first! Kindness is a powerful tool to change the world. In a world where you can be anything, be kind but also do acts of kindness! Let’s imagine...

MATERIALS

Copy the lyrics of the Song “Imagine”
Makers & Paper

Begin by chatting to the group about kindness – suggested questions could be along the lines of...

- When we hear the word “kind” or “kindness”, what other words do we think of?
- What is an act of kindness?
- Do we know anyone who is kind around us?
- How is this kind person? What qualities do they have, and can you name them?
- What does this kind person do that makes you consider them to be kind?
- How do we feel around a kind person? Do we want to be in their presence? Why?
- What would it be like if everyone you met everyday showed you loving kindness?
- What would the lives of the people you meet everyday look and feel like if you showed them loving kindness?

METHODOLOGY

- Next play the song IMAGINE by John Lennon or print out of the lyrics for your group to read at the same time the song is playing. You may decide to go line by line after the song plays and see what the group thinks and how it resonates in light of the world today. *Don't get too bogged down by the world today*, rather look at how our world would look if those lyrics would be true.
- Break them into smaller groups and ask these questions and have them think about kindness within a particular space.

1ST GROUP

Imagine a **WORLD** where everyone is kind.

What would it look like?

“Everyone” as in the leaders of the countries of the world.”

“What would it look like?” as in, how would everyone be, what would everyone do?

2ND GROUP

Imagine a **COMMUNITY** where everyone is kind? What would it look like?

“Everyone” as in the different members of your local community such as the local Gardaí, all the people working in the town or those in the GAA, the Scouts, other community organizations etc.

”What would it look like?” as in, how would everyone be, what would everyone do?

3RD GROUP

Imagine a **SCHOOL** where everyone is kind.

What would it look like?”

“Everyone” as in being teachers, students, parents, etc.

“What would it look like? as in, how would everyone be, what would everyone do?

IMAGINE

Imagine there's no heaven
It's easy if you try
No hell below us
Above us, only sky
Imagine all the people
Livin' for today
Ah

Imagine there's no countries
It isn't hard to do
Nothing to kill or die for
And no religion, too
Imagine all the people
Livin' life in peace
You

You may say I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will be as one

Imagine no possessions
I wonder if you can
No need for greed or hunger
A brotherhood of man
Imagine all the people
Sharing all the world
You

You may say I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will live as one



The song **Imagine by John Lennon** is from his 1971 album of the same name. It is the best-selling single of his solo career, the lyrics encourage us to imagine a world of peace, without materialism, without borders separating nations and without religion that divide us rather than unite us.

The song was first inspired by his wife Yoko Ono's poetry in her 1964 book, *Grapefruit*. John Lennon later said: "'Imagine' should be credited to Lennon/Ono. Decades later, and it's still one of the most covered songs ever, and continues to be used as a symbol of the pursuit of world peace.

THE KINDNESS... CHALLENGE

Now that they have thought about kindness, challenge them to commit to doing one random act of kindness in the coming weeks, and if they do they get to report back to the group on what they did, and how it made them feel. These challenges can be chatted through with the worker or group or you can set up a Random Act of Kindness Chart where you have a large poster on the wall and the young people get to write their random act of kindness on the chart. See how many kindness acts your group can carry out.

ACTIVITY FOUR

HUMAN ACTIVITY

PURPOSE

To better understand the major elements of what makes us human and what defines culture. To distinguish between the visible and invisible aspects of our common shared humanity. This activity will remind young people that integration and welcoming people that are different from ourselves starts by reminding ourselves that the “other” is me, and “I am” the other. We are all humans, and we are all cut from the same cloth.

You can decide to use one interview, two interviews, or “HUMAN” Vol 1. Vol 2. or/ and Vol.3. Each volume is 1h20 minutes but you can choose which snippet to use depending on the and the interests of your group.

MATERIALS

Any screen - projector, TV - and a good speaker/sound system.

Look for HUMAN the movie 2015 on YouTube:
www.youtube.com/@HUMANthemovie2015

METHODOLOGY

- This video is a compilation of interviews by famous people on what it is to be human – it would be worth going through the video before your session so you can choose the one you think your group would best relate to. Each volume has themes with interviews of people. For example, HUMAN Vol.1 covers the themes of Love, Women, Work, Refugees; Death. Etc. Vol 2. Covers the themes of Homosexuality, War, Child labour, Abortion, etc. Vol 3. Covers the themes of Education, Work, etc.

Description of how it's done:

- Start by showing any snippet of HUMAN that you have chosen.
- Create a space afterwards to facilitate meaningful conversations. Some of the prompt questions you can ask, after sharing that “we are not here to convince each other but rather to learn from each other” are: - what moved you? - what resonated with you or reminded you of something in your own life experiences?
- Next reflect on what barriers stop us from connecting with one another. How do we remove these barriers?
- What opportunities do we have to create more connection/unity between us in the place we live, in the school we go to, or the group we attend?



ACTIVITY FIVE

CUT FROM THE SAME CLOTH

PURPOSE

To remind ourselves that while we are unique human beings with different hopes, dreams, interests, hobbies, views and fears, we are also part of the one human race and so have obligations and duties to each other and to the planet to create a better world for all.

This arts activity will allow the young people to reflect on what they have learned or heard in the sessions preceding this and describe through creative methods what they think a world shaped by kindness, integration, acceptance and cultural understanding would look like.

METHODOLOGY

- Give each young person a piece of felt cloth.
- Using Sharpies or any other arts materials you have at hand, ask them to decorate their own piece of cloth based on what they have learnt, considered, understood or want to express about humanness – kindness – oneness – integration – world citizens – interculturalism – diversity – understanding – unity - acceptance.
- They can use the darker pieces of felt to cut out shapes or letters to stitch or glue on.
- When they have finished decorating their pieces of felt cloth, gather the piece together and using a hole punch, punch holes in each corner of the felt cloth piece. Then using thread connect the all the pieces together to create one large collage.

CUT FROM THE SAME CLOTH DISPLAY

You can display all the felt cloths in your youth centres or send them back to Youth Work Ireland National Office where we will create one large display from all the felt pieces gathered and we will exhibit them in our National Offices and at our National Conference in November.

DEFINITIONS

Definitions of the terms that will help you in delivering this pack.

ONENESS

The quality or state or fact of being one: such as singleness, integrity, wholeness, harmony, sameness, identity etc.

KINDNESS

The quality or state or fact of being one: such as singleness, integrity, wholeness, harmony, sameness, identity etc.

UNITY

The state of being united or joined as a whole.

HUMANKIND

All of the living human beings inhabitants of the earth. Human beings considered collectively (used as a neutral alternative to 'mankind').

LOVE

A feeling of warm personal attachment or deep affection.

INTEGRATION

All of the living human beings inhabitants of the earth. Human beings considered collectively (used as a neutral alternative to 'mankind').

ACTIVE CITIZENSHIP

A feeling of warm personal attachment or deep affection.

SOLIDARITY

A feeling of unity arising from common experiences, interests, beliefs between people and groups.



OUR MEMBERS

Canal Communities Regional Youth Service

www.ccrys.org

Carlow Regional Youth Service

www.carlowrys.org

CDYS Youth Work Ireland

www.cdys.ie

Clare Youth Service

www.facebook.com/clareyouthservice

Donegal Youth Service

www.donegalyouthservice.ie

FDYS

www.fdys.ie

In Sync Youth and Family Services

www.insync.ie

KDYS

www.kdys.ie

Limerick Youth Service

www.limerickyouthservice.com

Ossory Youth

www.ossoryyouth.com

Waterford & South Tipperary Community Youth Service

www.wstcys.ie

Youth Work Ireland Cavan/Monaghan

www.ywimonaghan.ie

Youth Work Ireland County Longford

www.lcrl.ie/youth-service

Youth Work Ireland Galway

www.youthworkgalway.ie

Youth Work Ireland Laois

www.ywilaois.com

Youth Work Ireland Louth

www.youthworkirelandlouth.ie

Youth Work Ireland Meath

www.youthworkirelandmeath.ie

Youth Work Ireland Midlands

www.youthworkmidlands.org

Youth Work Ireland North Connaught

www.ncyys.ie

Youth Work Ireland Tipperary

www.youthworktipperary.ie

WWW.YOUTHWORKIRELAND.IE

MESSAGING FOR ACTIVITY

Suggested Messaging You Can Use in Social Media Posts

- **Our youth club is open to ALL young people.**
- **We believe young people can be advocates for a better Ireland for all.**
- **Integration, Diversity and Inclusion are at the core of our work.**
- **We empower ALL young people by helping amplify their voices and opinions**
- **Our youth clubs are located in the heart of communities and are well placed to respond to the needs of all young people.**
- **In our clubs and projects we develop the potential of young people and strengthen communities across Ireland**
- **Our services work in an integrated way to support all young people in our communities.**
- **Increased supports for youth services in local communities will have greater outcomes for all.**
- **Our youth clubs and projects promote integration and cultural exchange among young people.**

Make sure you take photos of the whole process and the final produce.

We are asking all clubs/groups who participate to document the activity on social media by sharing, tweeting and posting the 'Cut from the Same Cloth' process and the regional or local events you organise as part of Youth Work Ireland Week

Make sure to tag Youth Work Ireland on all posts

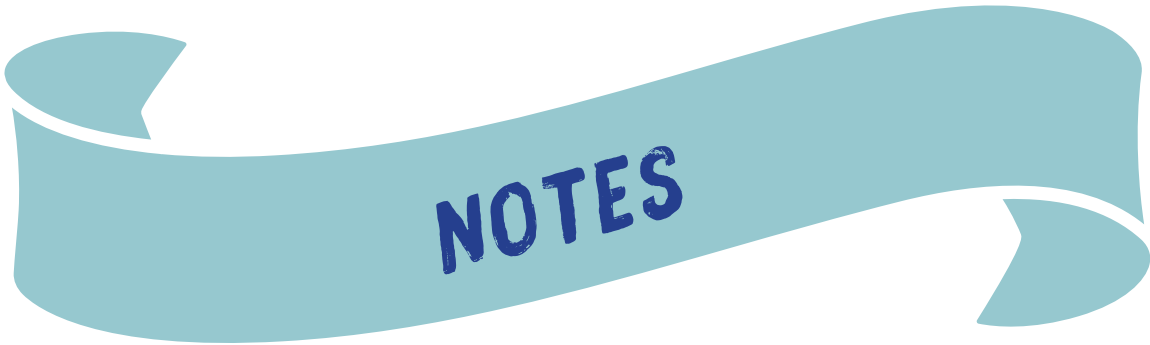
www.facebook.com/youthworkireland

www.instagram.com/youthworkireland

X @ywirl

If you are tweeting, please include the hashtag -

#cutfromthesamecloth

A large rectangular area defined by a dashed blue border, intended for writing notes. The border consists of short, thick blue dashes.



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WWW.YOUTHWORKIRELAND.IE



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