



## COGNITIVE PATHS UBUNTU WORKSHOP

### Skills for Life

Our approach and lesson content of our educational resources are experiential, participatory and flexible, allowing – and encouraging – the materials to be adapted and supplemented according to varying cultural, social and other circumstances. The approach and materials may also be used systematically, and in alignment with Ofsted requirements for Social, Moral, Spiritual and Cultural education as well as PSHE requirements.

We offer nine (9) workshop modules exploring concepts such as the roles of citizenship, identities, confidence speaking, critical thinking, emotional intelligence, conflict prevention, and cosmology.

The aim of these workshops is to enable the participants to experience the beauty of African Philosophy through Ubuntu knowledge system. Students will identify parallels in their own cultures and also identify common values. We do this to support young people and help them to recognise their own natural spark and talents.

We empower students with the tools so that they can:

- Direct, manage, negotiate and evaluate their own learning;
- Consider relationships and generate new ideas, hypotheses, and creative solutions;
- Become producers and creators rather than reproducers of knowledge and products;
- Develop skills of critical analysis and creativity;
- Learn how to manage themselves in the community and future careers;
- Apply analytical processes for problem-solving and decision making;
- Make defensible judgments and evaluate their own ideas and those of others;
- Work confidently in independent and cooperative situations; and
- Inspire young people to take on Maths and Science subjects.

Social	Cultural	Spiritual
<ul style="list-style-type: none"> <li>- Managing Rejection</li> <li>- Affirmations &amp; Attitude</li> <li>- The Power of Words</li> </ul>	<ul style="list-style-type: none"> <li>- Family Totem</li> <li>- The Spirit of Ubuntu</li> <li>- The Law of Opposite</li> </ul>	<ul style="list-style-type: none"> <li>- The Role of Ancestors</li> <li>- The Power of the Mind</li> <li>- The Sun, Moon and Stars</li> </ul>

### Social Workshop

The quality of our relationships defines the kind of people we are and ultimately, the kind of world we live in. Our capacity to participate effectively in social life is crucial to our well-being and that of the communities we belong to.

Our workshops Objectives:

- Relate well to other people’s social skills and personal qualities;
- Show respect for people, living things, property, and environment;
- Provide support to manage feelings, thoughts, and behaviours.

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### 1. Managing Rejection

The fear of rejection is one of our deepest human concerns. Biologically we are wired with a longing to belong, and we fear being seen in a critical way. We're anxious about the prospect of being cut off, demeaned, or isolated. We fear being alone. Here we cover how to manage and deal with negative emotions.

### 2. Affirmations and Positive Attitude

Let's say an event happens which puts you in a grumpy mood. If you're not careful, your negative thoughts about this one solo circumstance can create a downward spiral, where you quickly go from merely thinking. "This one thing sucks" to "My whole day sucks" to "My whole life sucks" to "The world sucks". Without a pattern interrupter, your whole decision-making process changes. Here we cover how to find something good in a not so good situation.

### 3. The Power of Words

The power of our words can actually destroy one's spirit, even stir up hatred and violence. The power to use words is a unique and powerful gift. Our words have the power to destroy and the power to build up. Are you using words filled with hate or love, bitterness or blessing, complaining or compliments, lust or love, victory or defeat? Like tools they can be used to help us reach our goals or to send us spiralling into a deep depression. Here we explore how people and our own words affect how we feel, think and react.

#### Benefits:

- Share views and opinions with others, and work towards consensus;
- Appreciate the rights and responsibilities of individuals within the wider social setting;
- Understand the notion of interdependence in an increasingly complex society.

## Cultural Relevance Workshop

We all have a culture, but we don't always recognize it. Children are our future; hence, it is our responsibility to ensure they grow up confident and purposeful, and secure in the knowledge of themselves within their culture. The workshops lead to the identification of good practice in a sample of settings, through the diversity of appropriate approaches to the school's ethos, local community, and student culture.

#### Our workshops provide:

- Opportunities for pupils to explore their own cultural assumptions and values;
- Extending pupils' knowledge and use of cultural imagery. Also recognizing and nurturing particular gifts and talents;
- Promoting, at an appropriate level, pupils' understanding of basic moral philosophy and the skills of analysis, debate, and application to contemporary issues;
- Extending pupils' knowledge and understanding of the range of accepted values in society.

## COGNITIVE PATHS UBUNTU WORKSHOP

### 1. Family Totem

African totems are derived from natural elements and features such as family influence, animals, plants or mountains. The subject assumes the title of holiness stature and is sacred within the specific clan which would have adopted it as a totem. Totems build up some relationships with others and allow intermarriage between people of diverse totems and thus creating an oral family tree. Here we work with students to explain, design and create their totem, thus exploring their heritage and identity.

### 2. The Spirit of Ubuntu

Ubuntu emphasis on values of human solidarity, empathy, human dignity and the humaneness in every person, and that holds the fact that a person is a person through others. It further states that the mission of social work includes promoting social justice, ubuntu, human rights, positive change, problem solving and improvements in individual and community relationships and the development of society in general. Ubuntu symbolises the backbone of African spirituality. It means “ubuntu ngumuntu ngabantu. Such sayings as I am because we are and I am human because I belong”.

### 3. The Law of Opposite

To embrace the meaning of symbols is to understand that it represents the vibratory nature of all manifest phenomena, created by the interaction of opposing yet complementary forces: the positive and negative, the aggressive and receptive, birth and death, dry and wet, the masculine and feminine; all existing to encourage balance in the unfolding of life. Thus, one could see and feel the contradictions of nature, and within this, the contradictions of humans. Here we explore the uniting of opposite forces which live in apparent harmony.

#### Benefits

- Giving pupils opportunities to explore and develop moral concepts and values – for example, personal rights and responsibilities, truth, justice, equality of opportunity, right and wrong;
- Gives a guide on how to engage with others from different backgrounds and beliefs.

### Spiritual Workshop

Spiritual development relates to that aspect of inner life through which pupils acquire insights into their personal experience which are of enduring worth. It is characterised by reflection, the attribution of meaning to experience, valuing a non-material dimension to life and intimations of an enduring reality. It is about how pupils address ‘questions which are at the heart and root of existence’. It identifies the idea of the spiritual quest, of asking about the past, present and future.

#### Our workshop provides:

- Developing pupils’ skills and attitudes, such as decision-making, self-control, consideration of others, and having the confidence to act;
- Develop recognition that their insight, principles, beliefs, attitudes, and values should influence, inspire or guide them in life.

## COGNITIVE PATHS UBUNTU WORKSHOP

### 1. The Role of Ancestors

Ancestors are given mystical powers and authority similar to “angels” in the Western belief systems. They retain a functional role in the world of the living, specifically as a family identity and heritage. They represent a very important focus in their cosmology. The ancestors are a source of power and insight. They are capable of acting on behalf of or against their descendants. In the African belief systems, ancestors are the go-between spirits that help the living connect with God. It is not ancestor worship, but an honouring of their memory. The belief is that spirits continue to take an interest in the affairs of the living and possess the ability to influence events. Here we explore family identity, heritage and how this has an influence on you.

### 2. The Power of The Mind

“What a fool cannot learn, he laughs at” Marie Corelli. He will not believe because the light comes from too far a distance. It is the belief within you that brings outwards the result. The power to attract what you desire is within you, but you must be constantly aware. You must know how to generate and create it. Here we explore the influence of positive and negative thoughts on our results.

### 3. The Sun, Moon, and Stars

Just as the moon influences the tide, so do the stars influence human beings. Astrology is one of the most ancient beliefs; it's prevailed from the earliest times. To watch the patterns of life unfold as one locates the house and signs and positions of the planets in the horoscope wheel brings home the extent of the stars influence on our everyday lives. Here we explore how we are interconnected with the universe and beyond.

#### Benefits:

- An openness to new ideas and a willingness to modify cultural values in the light of experience;
- An ability to use language and understand images/icons – for example, in music, art, literature – which have significance and meaning in a culture;
- A regard for the heights of human achievement in all cultures and societies.



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