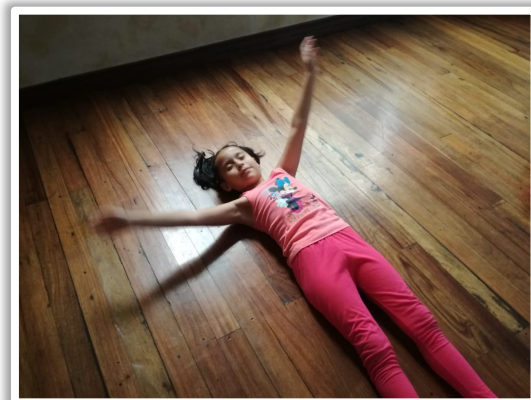# Growing Free of Gendered Violence in Costa Rica

Project Report – July 2020

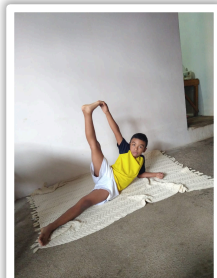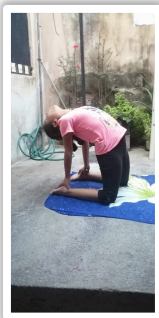## Healthy Self-Perception a must for Gender Equality

Using creative, playful arts-based methods we carried out workshops and activities for 200 children to improve their self-perception and develop new ways of relating to their peers, family, and community free of gender-based violence, sexist perceptions and gender inequity.

Giant Origami Workshops

We held 24 Giant Origami workshops sessions for 200 kids; all of them created beautiful hummingbirds. Origami is a tool to improve concentration, attention and mathematic skills. But not only that. It also helps to calm the mind, inspires peaceful thoughts and letting go of perfectionism, self-criticism, or self-judgment. At the end of the workshop kids danced with their hummingbirds as a metaphor they can fly free of mental limitations and stereotypes using their creativeness and imagination.

Yoga for kids

Yoga helps to develop physical and socio-emotional strength. It helps to find our center and have control. At the project, Kids not only learn Yoga on-site, but they practice it in their homes.

Body Theatre Workshops

Kids participated in body theatre workshops. We held 24 sessions. Gender roles, masculinities, femininities and gender stereotypes topics were addressed. There was space for the expression of emotions and feelings, using creative movement, riddles and mime.

A Field Trip to the theater

We made a field trip to one of the nicest theatres in San José. The show was Pinocchio. It was a Pinocchio version with an alternative end –Pinocchio didn't become a real boy by choice. These are some of the ending lines:

Geppetto: "You don't want to change, then?"
Pinocchio: "Why I would want to change if I like who I am?"
Geppetto: (Hugging him) "Pinocchio, what I want is for you to be happy being who you are".
Fairy: "Then it is done. You will stay as the one we all love". The children loved it. And it allowed discussing with them diversity, acceptance and respect for all.