



*Ruwasunchis*



# RUWA REPORT

JULY - SEPTEMBER 2022

[WWW.RUWASUNCHIS.ORG](http://WWW.RUWASUNCHIS.ORG)





*Ruwasunchis*



Our name comes from a Quechua word that means "Let's all do it together", because together we can make the change we need in our country.

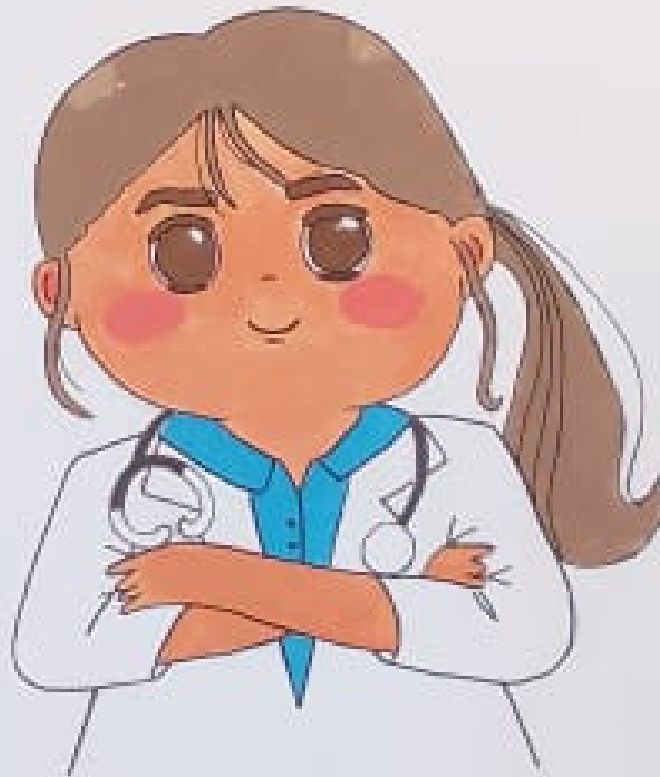
We promote the emotional well-being of children, youth and mothers from vulnerable communities, by strengthening social and emotional skills that will allow them to live in harmony and fulfill each of their dreams.

# Ruwa Seeds

Our Project Ruwa Seeds develops the social and emotional skills of the children of Manchay, strengthening their confidence in themselves, their positive relationships with their environment and the development of their personal challenges so that they can build life who dream

Ruwa Seeds

DOCTORA 



"My dream is to be  
a doctor"  
Ivanna

BEBIDAS  
GASEOSAS  
CERVEZA  
AGUA  
ETC.  
MONTAÑA



iThank for your support !

We present you our activities  
between July and September.

# Ruwasunchis Impact

## Ruwa Seeds

(July - August - September 2022)

- > 116 children and 25 adolescents participate in our project
  - > Our workshops
- > Children ages 5 to 7 achieved a short-term goal each week.
- > Children from 8 to 10 years old could identify their goals in the short, medium, and long term. They also devised plans to achieve each of their goals.
- > Children from 11 to 12 years old identified their goals and desires in the future to project them into small goals to fulfill.
- > Adolescents from 13 to 15 years old could develop a personal plan with important goals for them.

# Activities July, August, September



| Module              | Abilities                               | Activities                                                                                                                                                                                                              |
|---------------------|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| With others         | Assertiveness and conflict management   | <ul style="list-style-type: none"><li>• Management of emotions.</li><li>• Breathing techniques.</li><li>• learning to mediate conflict situations.</li><li>• Why is it important to listen?</li><li>• Crafts.</li></ul> |
| With our challenges | Achievement motivation and perseverance | <ul style="list-style-type: none"><li>• Knowing my strengths and weaknesses.</li><li>• Short and long term goals.</li><li>• Building my future.</li><li>• Self motivation.</li></ul>                                    |





# Activities with our children







# Activities with our children

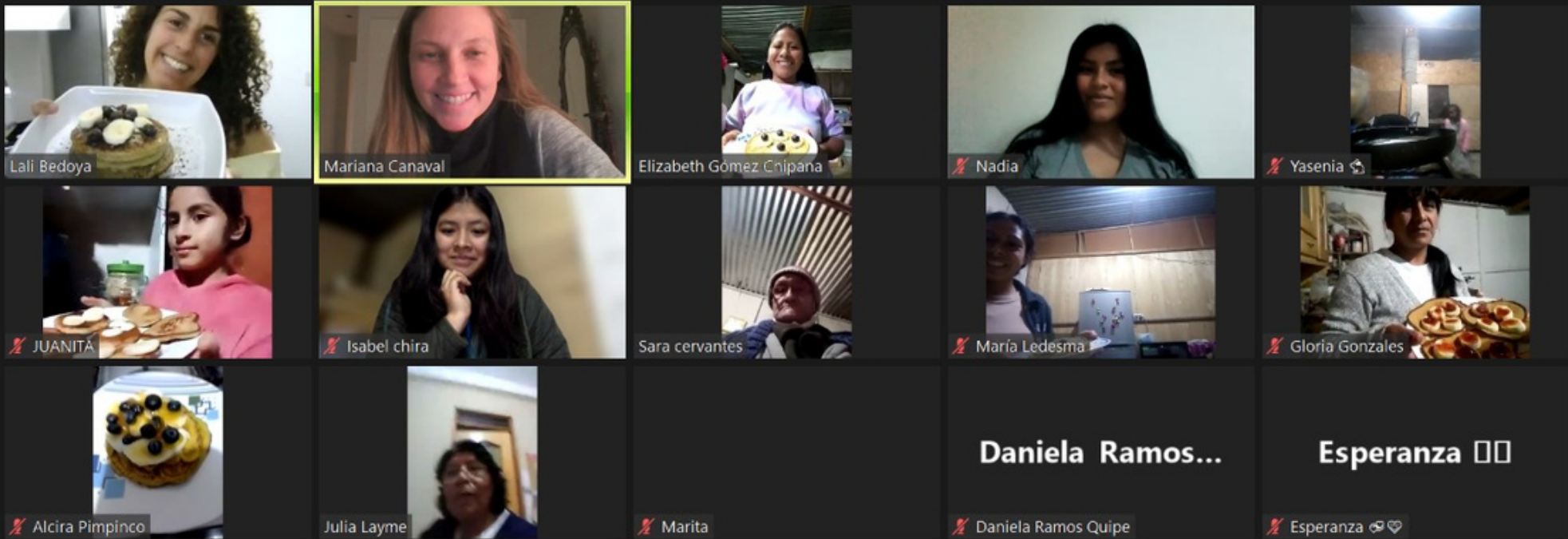




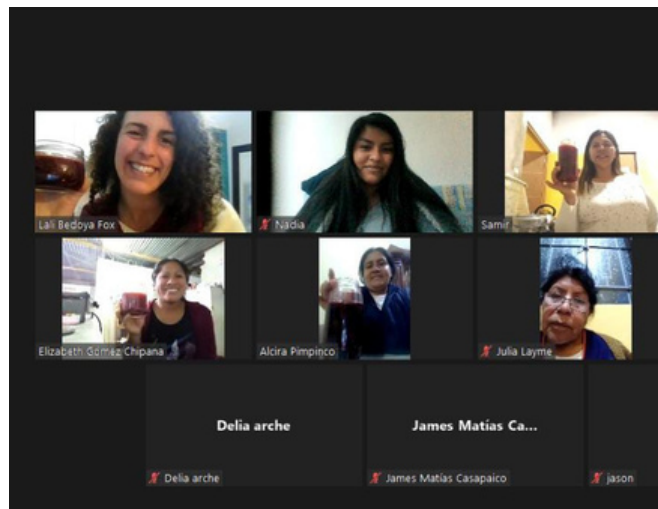
# Workshop about Menstruation







# Workshops of Florece Mujer







# Sex Education Workshop for Ruwasunchis mothers







## Meetings with Ruwa parents





# Ruwasunchis Team



Geral

Isabel

Juan  
Diego

Katerin

Nadia

Katiusca

# iThanks!

Thanks to your collaboration, more children can strengthen their social and emotional skills and be more prepared to build the life they dream of.



*Let's Do It  
All Together!*



*Ruwasunchis*