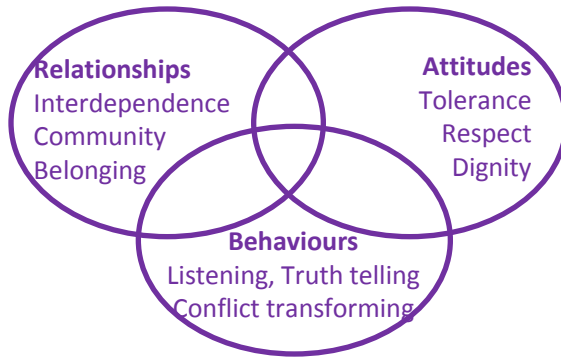


# Ubuntu



*“Africans have this thing called UBUNTU. It is about the essence of being human, it is part of the gift that Africa will give the world. It embraces hospitality, caring about others, being able to go the extra mile for the sake of others. We believe that a person is a person through another person, that my humanity is caught up, bound up, inextricably, with yours.”*

Archbishop Emeritus Desmond Tutu

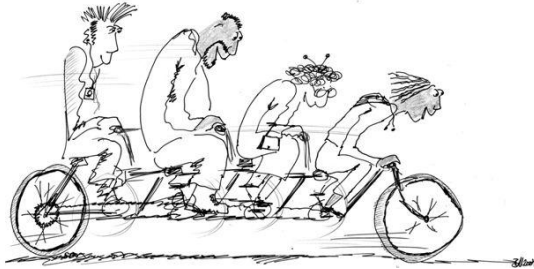
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## Ubuntu: Belonging



What does it feel like to be left out in the cold, excluded from the 'in' group?

How is my self-esteem affected and how do I react as a result?

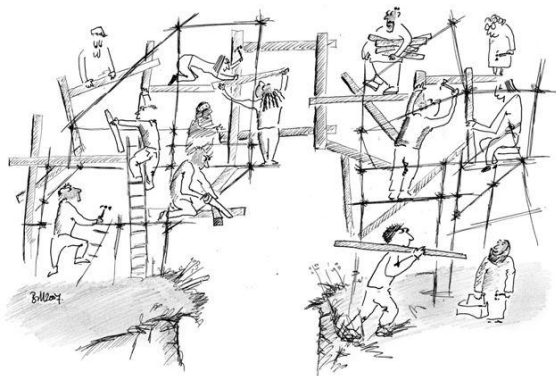
*"Ubuntu is not 'I think therefore I am', it says rather 'I am human because I belong'"* Desmond Tutu

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## Ubuntu: Community



As fellow human beings, what are the things that unite us, no matter what our differences are?

When I feel left out, what can other people do to help me feel that I have value and am part of the group?

*“The universal brotherhood of man is our most precious possession.”* Mark Twain

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## Ubuntu: Dignity



How does it feel to be treated with dignity?

What does it look like to behave with dignity?

What do you do to give someone their dignity?

*“Where is there dignity unless there is honesty?” Cicero*

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## Ubuntu: Respect



Describe the significance of your name and what it means to you.

List as many different aspects of your identity as you can think of (e.g. son, daughter, brother, sister, boyfriend, girlfriend, club member etc).

Which of these are most important to you and why?

*“For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.” Nelson Mandela*

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## Ubuntu: Listening



When did you last feel someone really listened to what you had to say? How did it feel?

How did you know they were listening?

What does it take to really listen to someone?

Think of one thing you could do to improve your own listening.

*“Knowledge speaks, but wisdom listens.”* Jimi Hendrix (1942 - 1970)

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## Ubuntu: Conflict transforming



What does it mean to forgive someone who has wronged me?

When we have a conflict, why do we find it difficult to hear the other person's side of the story?

What does it take to move on after a conflict with someone?

*"I am beginning to realise that no matter which side you are on, had we all lived each others' lives we could all have done what the other did"* Jo Berry (whose father Sir Anthony Berry was killed in the 1984 Brighton IRA bomb)

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## Ubuntu: Inter-dependency



Who have you depended upon to get here today?

Think of a time when you have made someone feel small and a time when you made someone feel good. How could you tell what the effect had been on the person?

*“The community stagnates without the impulse of the individual. The impulse dies away without the sympathy of the community.”* William James (1842 - 1910)

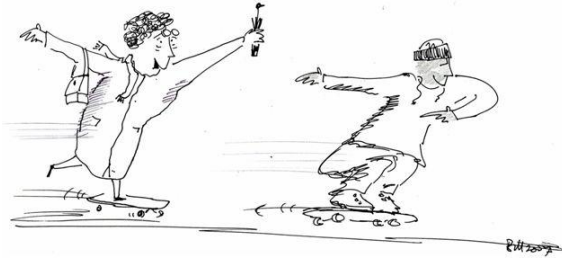
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## Ubuntu: Tolerance



What do you find it difficult to tolerate? Why do you find it difficult?

Why do we find it difficult to tolerate people who are different from us?

What could we do to overcome our intolerance of people who are different from us?

What should we refuse to tolerate?

*“My enemy is the person whose story I have not heard”* Longfellow

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## Ubuntu: Truth Telling



What would it take for you to be able to share something important but painful with another person?

How might a person who has told their story for the first time feel?

How do you feel when you hear a person's story for the first time?

*"If you do not tell the truth about yourself you cannot tell it about other people."*

Virginia Woolf

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