

1 Ikigai Activity Plan



This is a main activity which can be completed in one session.

Activity 1.1



Provide the group with some information about Ikigai – it is a traditional Japanese idea that everyone has a special reason to get up in the morning. When people know what that is, they are motivated, healthier, happier and live longer.

Distribute the Ikigai maps and divide the young people into pairs or small groups.

Resources

- Large A3 Ikigai map
- Smaller Ikigai maps to hand around

Activity 1.2



Talk about the different sections on the ikigai map and how we need to know about ourselves in order to be able to write in them.

Explain that we are going to use the questions to help us to fill in the boxes.

Resources

- Kigoma questions
- Ikigai map

Activity 1.3



Hand out the questions and tell the participants to take it in turn to ask each other, one at a time.

Activity 1.4



Variations:

1. Using facilitated discussion, let everyone contribute to the large Ikigai map, section by section. Explain that it is OK not to know what you want to do when you are young, and many people who know what they want to do, change their minds later.
2. Let the young people complete their own Ikigai in discussion with each other.
3. Use magazines and art materials and get the young people to complete the map with pictures and colours which they can talk about later.

Learning outcomes

Self-awareness/self-knowledge

Help to identify a “Valued and Meaningful Cause”

Help to develop a “Problem Solving Approach”