



## Life journey with Road Signs

**Theme of the Session:** Understanding Road Signs and rules to follow while driving.

**Goals of the session:** Self reflection, mindfulness and Sense of belongingness to the group

**Space and Material Preparation:** Prepare a long rectangular table or utilize floor space for setting up a road and road signs. Use long black or gray paper strips to create the road. Prepare cutouts of road signs. Prepare a questionnaire based on the signals listed below. Have 2-3 toy cars ready for demonstration.

Example Road Setup



**Warm and topic introduction:**

**Rituals:** 2 minutes of silence. Following the silence, the speaker will establish the session's context by posing the following questions:

- How many of you are familiar with driving?
- What factors contribute to safe driving?
- What precautions are essential while driving?
- Which road signs are you familiar with?



After discussing these questions, the facilitator will draw a connection between road signs and our life experiences. Each participant will receive one road sign along with a question related to their life. They are encouraged to share an experience, event, or lesson from their life that is connected with that particular road sign.

Ask the group again, if they have understood the instructions or not. Start with one example.

**Creation:**

1. Red Signal

Aap ke zindagi mein aisa kab hua tha jab aap ne red signal dekha aur aap rukh gaye. Ussa koi accident hone se bach gaya kya?

2. Green Signal

Kabhi aap ke zindagi mein green signal dekha aur aap aage badhe jiske wajah se kuch bahuat acha hua zindagi mein?

3. Zebra Crossing

Aap ne kabhi Zebra crossing pe gaadi nahi roki aur koi accident hua usse?

4. One Way

Zindagi mein one way ka board kab dikha? Aapko woh one way kyu laga?

5. No U-Turn

Zindagi mein aise kab hua jab aap ko pata chala ki no U-Turn zone mein aap aa gaye hoon. Fir aapne kya kiya?

6. Narrow Road Ahead

Kabhi aisa hua hai kya ki suddenly aap ke zindagi ka road narrow (patla) ho gaya



7. Speed Breaker Ahead

Aise 2 incidents bataye jab zindagi mein speed breaker aaye ho

8. No Entry

Aapke zindagi mein No Entry kab aaya tha?

9. Accident Prone Zone

Aapke zindagi mein jab accident prone zone aata hai toh usse kehse pehchante ho aap.. Aur pehchan ke kya karte ho?

10. STOP Sign

Kabhi aise hua tha kya jab aapne STOP sign dekhne ke bawajood apni gaadi ko nahi rukaya... aur koi durghatna hui?

11. No Overtaking

Zindagi mein kahan aise lagta hai ki overtake nahi karna chahiye?

12. Traffic Police

Aapke liye zindagi ka traffic police kaun hai?

13. No Horn

Zindagi ke road pe "No Horn" ka kya matlab hai aap ke liye?

14. Blow Horn

Zindagi ke road pe "Blow Horn" ka kya matlab hai aap ke liye?





15. Go Slow

Kab ne kab apne zindagi ki speed kam kiyi thi?

16. No Parking

Zindagi ke raste mein 'No Parking' kaha kaha dikhata hai?

17. T Intersection

Zindagi mein kab aisa mod aaya jab aap ke samane 2 opposite roads aaye?

18. Round About

Aisi kaunsi cheez hai jo aap baar baar dohrate ho?

19. Narrow Bridge

Kisi chunauti ko paar karne ke lie aapko ek patla raasta mila?

20. Steep Road

Zindagi mein aisa kab hua jab aap ko upar pohchne ke liye mehanat karni padi?

21. Speed Limit

Aap aapne zindagi mein speed limit kaise tay karte ho?

**Closure:** In conclusion, after gathering the life experiences shared by the participants, the facilitator can appreciate their openness and courage in sharing. The facilitator can conclude by emphasizing that now, with the collective wisdom gained, everyone can be more aware while driving or riding in vehicles. When encountering road signs, they should follow them not just on the road but also in life. The facilitator can end with a message: "Have a safe journey in life!"

**Note:** If working with children or groups where compliance with road signs is a concern, it's important to provide real rules and regulations while discussing each sign. During the closure, provide an overview emphasizing the importance of adhering to these



signs. If working with children at risk, mention the age requirement for obtaining a driving license as well.

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**Love Joy Peace**