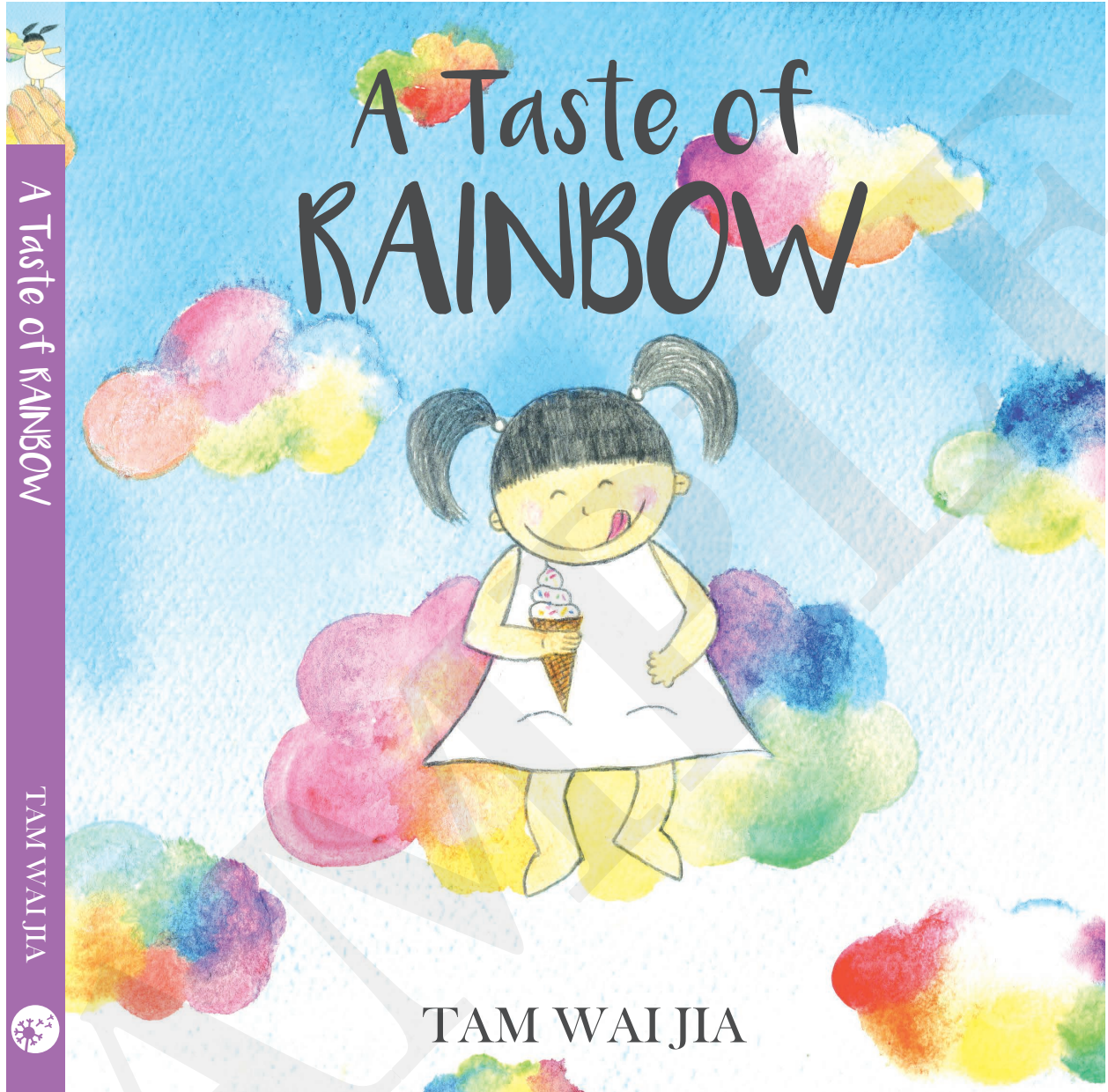


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BOUNCE BACK STRONGER: ON RESILIENCE & IDENTITY

Facilitation Guide

PREFACE

This facilitation guide is designed to accompany the video message and the animated video or book reading of *A Taste of Rainbow* by Dr. Wai Jia Tam. The discussion should be led by a trained facilitator.

Target audience	Adolescents
Suggested maximum number of participants	20, divided into small groups of 4 or 5
Resources needed	<ul style="list-style-type: none">• “A Taste of Rainbow” video message: https://youtu.be/pvs_1OMsYQM• Hard copy of <i>A Taste of Rainbow</i>, <i>or</i> the PDF copy (bit.ly/rainbow-pdf), <i>or</i> the animated book (https://youtu.be/YZxEcO4qOFo)• Facilitation Guide• Healing Journal (optional)
Suggested time allocated	90 minutes
Objectives	<ul style="list-style-type: none">• To inspire hope and faith in participants to bounce back from setbacks.• To guide participants through a process of self-discovery to gain insight into their sense of beauty, security and identity.• To invite participants to share about their personal struggles and gain encouragement to overcome them.

KEY:

“” denotes text for facilitator to read aloud

❖ denotes a question for participants

Key discussion question for participants

Reflection exercise for participants

OVERVIEW OF SESSION

#	Duration	Activity	Notes
1	5 min	Welcome and introduction	
2	20 min	Opening video	A Taste of Rainbow video
3	5 min	Book reading/animation	<ul style="list-style-type: none">• A Taste of Rainbow book animation• PDF book
4	5 min	Opening questions	
5	40 min	Breakout group discussion	In groups of 4-5
6	10 min	Healing Journal	Print out Healing Journals for all participants
7	5 min	Attendee feedback form	Online form: bit.ly/kg-feedback

FACILITATOR'S GUIDE

1. WELCOME AND INTRODUCTION (5 MIN)



“Today, we are going to read and discuss a book called *A Taste of Rainbow*. Although it looks like a children’s book, this book was written by an author who had experienced some dark and difficult times in her life.

“We’re first going to begin by hearing a little of her story through a short video, do a book reading and then discuss what we’ve experienced.”

2. OPENING VIDEO (20 MIN)

Play the “A Taste of Rainbow” video message: https://youtu.be/pvs_1OMsYQM

3. BOOK READING (5 MIN)

Play the book animation here: <https://youtu.be/YZxEcO4qOFo>.

Participants can follow along with the PDF copy of the book here: bit.ly/rainbow-pdf.

4. SUGGESTED OPENING QUESTIONS (5 MIN)

- ❖ What do you think the book is about? What are some themes?
- ❖ In what ways did the book speak to you?
- ❖ How did it surprise you?
- ❖ Were there any pages in particular that really stood out to you? Why?

The appendix includes questions that may help facilitate deeper discussions on specific pages. They need not be discussed in the particular order shown; they are only meant to serve as a guide should participants select these pages to discuss.

5. BREAKOUT GROUP DISCUSSION (40 MIN)

In groups of 4-5, invite participants to discuss selected questions from the slides, especially the bolded questions.

- “ For example, you may say, “In the next 40 minutes, share about 4 questions within your group. Everyone can pick any 2 questions to go around and end with the last 2 bolded questions. Everyone has approximately 1 minute to share for each question.”

You may go around the groups to guide the discussion as they articulate any emotions or experiences that surfaced.

6. HEALING JOURNAL (10 MIN)

Distribute the Healing Journal to participants.

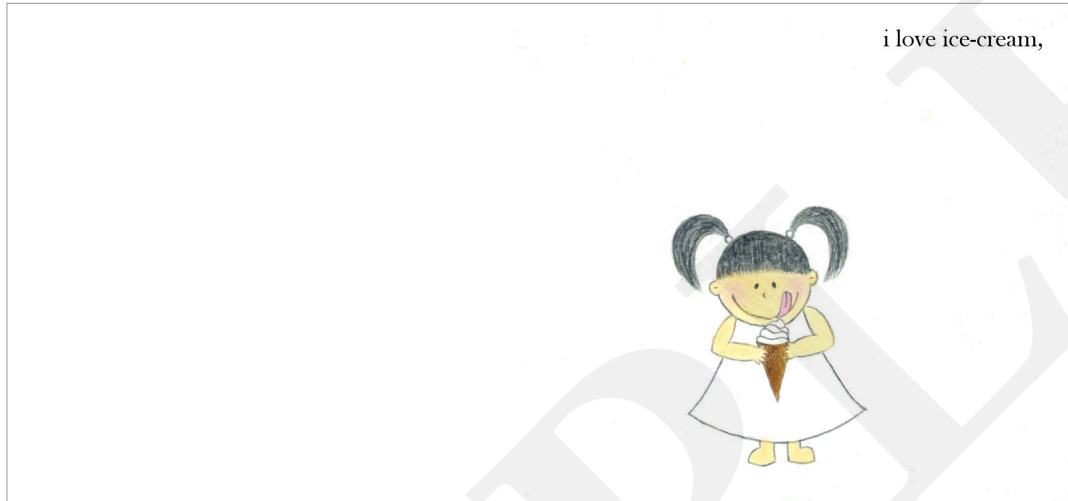
- “Today’s session may have helped you discover insight into your identity, or maybe it gave you hope to bounce back from setbacks. Take a moment to fill up the Healing Journal to reflect on today’s session.”

7. ATTENDEE FEEDBACK FORM (5 MIN)

- “The author would appreciate if you took a moment to share about how this session impacted you. Please fill up the attendee feedback form online at bit.ly/kg-feedback. Thank you!”

APPENDIX

SUGGESTED QUESTIONS FOR DEEPER DISCUSSION



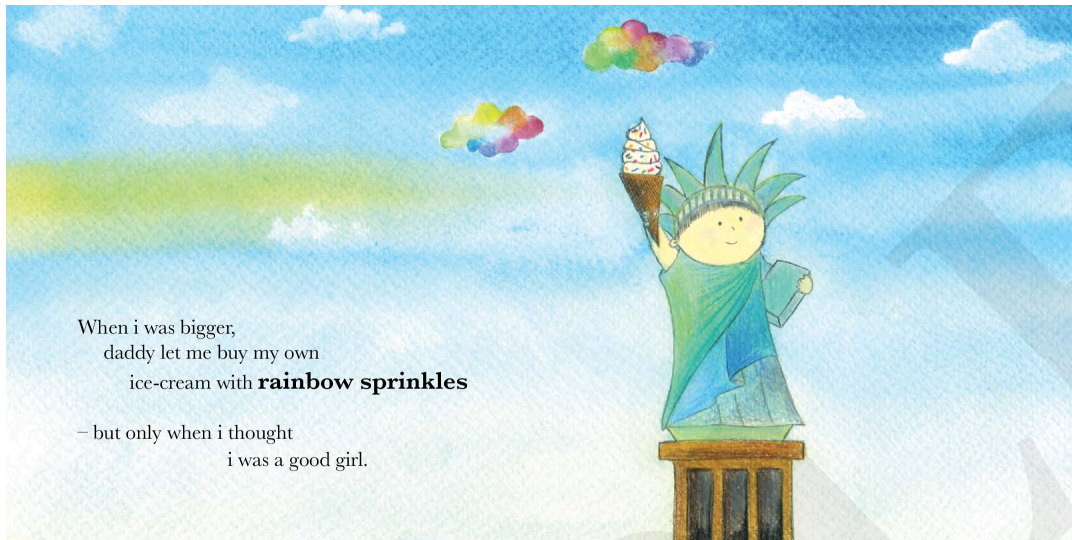
- ❖ What do you think the ice cream here represents?

Possible answers include joy, the simple pleasures of life, happy times with family, etc.



- ❖ Can you think of a time when you felt as carefree and joyful as the little girl?
- ❖ What does it mean to live life in full colour? How do you imagine that to be? Is that your reality right now?

Discuss the concept of living life in ‘full colour’, with absolute joy and freedom. Consider asking whether particular struggles or challenges in life have taken the colour from life.

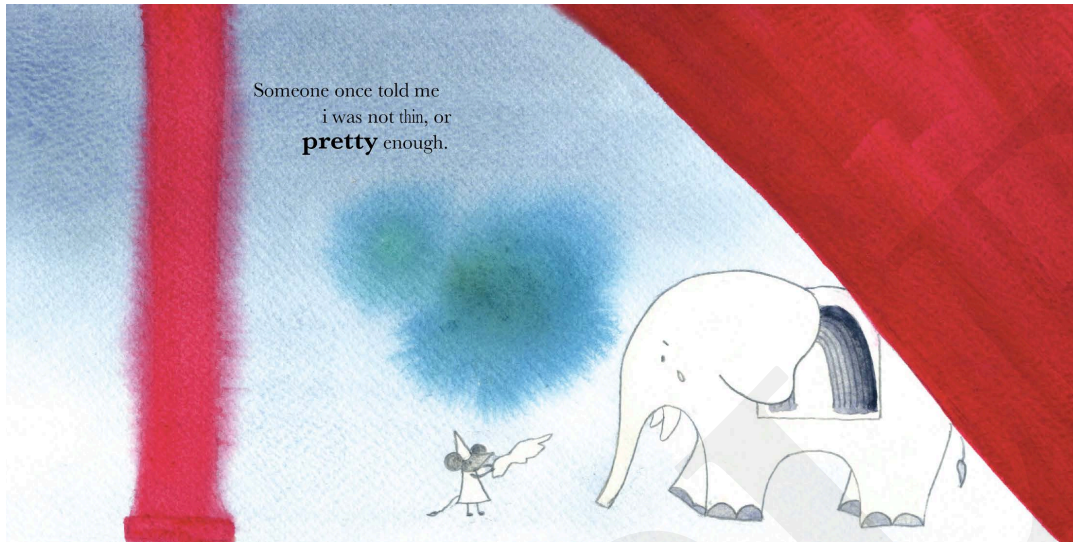


- ❖ “Daddy let me” – were there moments in your childhood where you experienced a great need for approval? What was your relationship with your parents like?
- ❖ “Only when i thought i was a good girl” – are there times when you feel like you can only have rewards when you are “good”? The little “i” instead of capital letter “I” also seems to reveal a sense of undermined self-worth.
- ❖ What does the statue of liberty represent? Why do you think the author uses this imagery in this particular page?

Allow the group to explore the symbolic meaning of the statue of liberty, which represents freedom, and guide the participants to talk about whether they’ve experienced the tension between the desire to experience reward and joy, and the feeling of inadequacy.

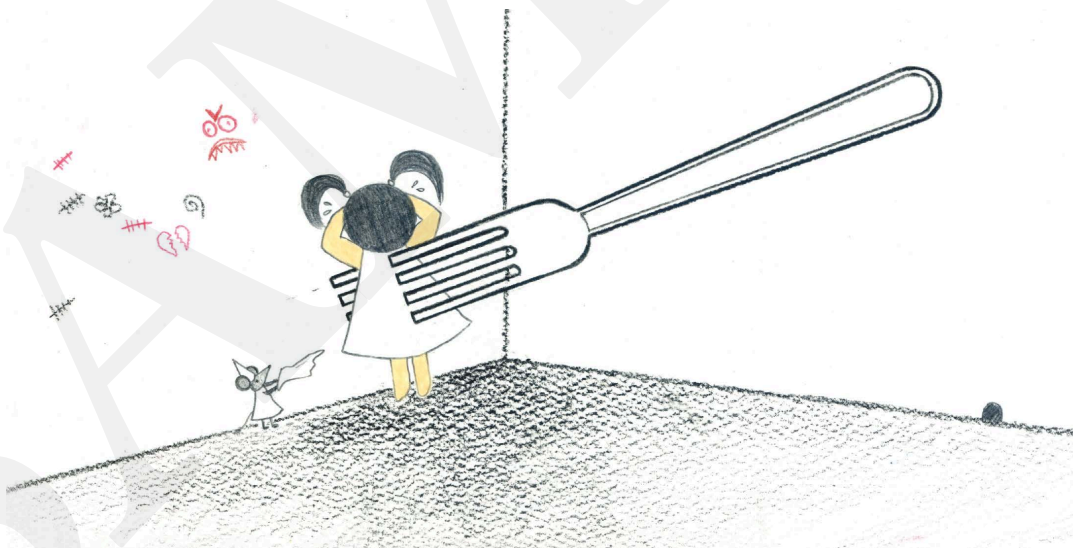
Given that a statue cannot move and is created by someone else, formed and moulded into its shape and has no say in the matter, there is a paradox between ‘statue’ and ‘liberty’. There is a feeling of captivity despite the sense of power, as the little girl is bound by the rules of reward.

- ❖ Do you sometimes feel trapped within the rules and regulations of who you can or cannot be?
- ❖ Do you still feel like you need someone else’s approval, validation, or reassurance?



- ❖ Many of us have experienced certain conversations which have hurt us. How were those experiences like for you and how did you process those emotions?
- ❖ Is there such a thing as being “good enough” or “pretty enough”?

Discuss the nature of the ‘moving target’ – thinking that achieving a certain goal, achievement or measurement will be enough, but it never is. This could refer to attaining a certain appearance, or achieving a certain standard.



- ❖ What do you think the little girl is feeling right now? Can you relate to this?

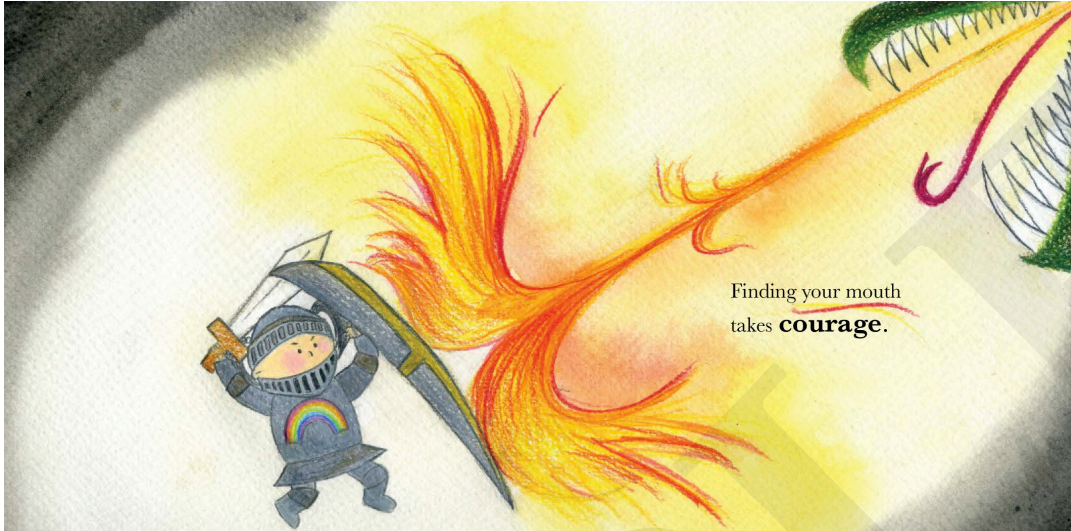


❖ Why do you think the author has chosen to portray the little girl this way?

The superman outfit represents the little girl trying to be a superhero to save the world, even though she herself needs to be saved on the inside.

The jailbird outfit represents a sense of feeling imprisoned, as the little girl is not free to be who she really is. The paper cut outs that she is holding are cut outs of identical people, suggesting a sense of captivity with no freedom to express her unique self.

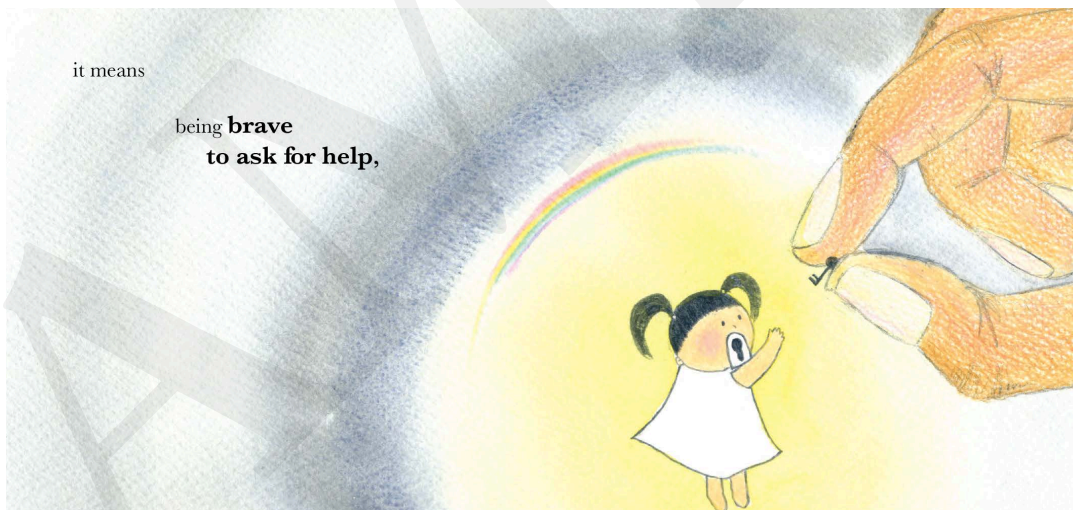
❖ **Key Discussion Question:** Can you relate to feeling imprisoned by the standards you're expected to meet?



❖ In this picture, what symbols does the author use and why?

The knight and dragon signify a fierce battle – it is not easy to find your mouth; there will be heated pressure to speed up your progress when you're not ready.

Notice the little rainbow emblem on the little girl's armour. It represents a symbol of hope that she carries even in the battle.

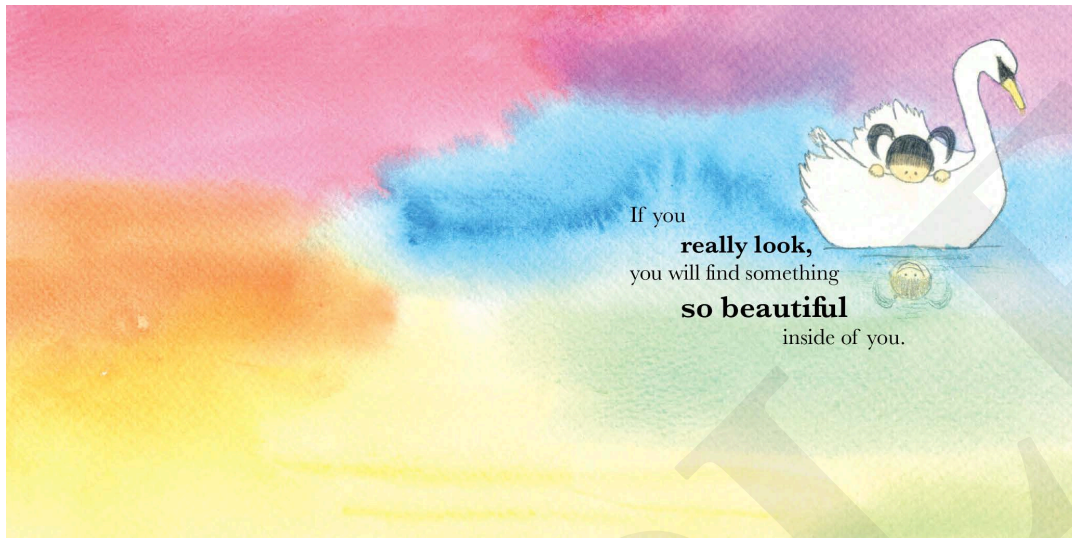


❖ Why does the author use a lock to replace the little girl's mouth?

The lock represents the sense of imprisonment the little girl feels, because of the shame and stigma associated with her struggles. During the author's journey, she was often told she could not share her journey or it would ruin her reputation or credibility.

❖ Do you ever feel like you are not allowed/able to share your journey?

❖ How are you learning to ask for and accept help?



Reflection Exercise: What qualities do you have that are beautiful? Write them down. Or, if you know the person next to you, share one quality you admire or like about them.



- ❖ What does this statement mean? Could it mean that our inner beauty is what truly makes us beautiful, much more than how we look on the outside?

Spark powerful conversations of hope, healing and growth.

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