1. **Brief**

Hello Everyone. Thank you so much for coming on a Saturday morning to my first intervention. This workshop is created to see if Traditional Rituals Are Being Practice. My aim from this to create awareness that even from different cultures our rituals are quite the same and we should always research to know that every rituals makes sense.

We can go around the room and introduce our self.

As most of you already Know but I am still going to introduce myself, so I am Sidra Hussain, I’m currently studying MA Applied Imagination at CSM.

1. **Discussion**

we can now just discuss together what rituals mean.

I have a few questions that I can ask you guys, as my sister can write it all as a brain storm

Q - what are rituals?

Traditional Rituals can mean different to everyone. Tradition contributes a sense of comfort and belonging. Tradition reinforces values such as freedom, faith, a good education and the value of being selfless. Rituals can mean the information that gets passed down from generations before. Even though there are some bad traditions and rituals (like dowry)

Q – Are there any rituals that you know?

For me I know there are good ones, such as Wedding rituals, from henna ceremony to the oil and food. There can be other that you have to research more into, Black Magic, ect. There are a few people out there that do believe in black magic and some like me that don’t.

Q- have you been through any?

At the age of 13 I was in Pakistani for a few weeks as a holiday with my mom and 2nd sister. we were going to a shrine, we got out for the car and all of sudden it got so crowded around us, I look above and I saw this tribe of women all dressed in white around my mother just throwing dead flowers on her. I have questioned it and till this day I haven’t got an answer from my mother

Q- Are there any other traditional rituals u might be practising right now that might be from your parents or culture?

Right now it’s the month of malad which is where we celebrate the PHT birthday. Bear in mind we never used to celebrate his birthday it has now in the last couple of years it’s become a ritual.

**15 MIN BREAK**

1. **Art Activity**

So I have a few items on this table that you can chose that responses to your experiences and then you can tell us why.

Over on the next part you can use these objects as inspiration to create anything on this A1 paper, this can be anything from drawings even writing or even just blocks of colour to show your emotions.

1. **Feedback sheets**

Now that we are coming to the end I have feedback sheets that everyone can just add some comments about the workshop.

Thank you all so much for coming and I hope you have learnt something as well.