

Undervisninsgsmateriale af Operation Dagsværk og Dreamtown





Økonomisk krise, massiv arbejdsløshed, stigmatisering og politisk vold danner bagtæppe for mange unges liv – særligt i de urbane slumområder i Zimbabwe. Det har manifesteret sig i en mental sundhedskrise blandt de unge. Unge mennesker lider i stigende grad af angst og depression, og vi hører om en stigende selvmordsrate blandt unge i Zimbabwe.

Årets OD projekter vil via musik, graffiti, street art, dans og forskellige performances give de unge mulighed for at udtrykke sig på deres egen unikke måde. De får et fællesskab med andre. Og de mærker den "medicin", som det kan være at lykkes med noget og mærke følelsen af succes. Hvor alt er rigtigt, og intet forkert.

I modulet (90 min) introduceres eleverne til kunst som helende værktøj - og hvordan man gennem kunsten kan overkomme traumer. Eleverne får mulighed for at snakke på engelsk om mental sundhed og se nærmere på digte som kommunikationsform på engelsk.

Undervisningsplan

- Step 1: Eleverne introduceres til Zimbabwe og undervisningsmaterialet
- Step 2: Først skal eleverne selv snakke med hinanden om deres forståelse af mental sundhed (her bruges ordlisten til inspiration)
- Step 3: Eleverne skal nu læse digtet af den danske digter
- Step 4: Eleverne snakker om digtet i forhold til ordlisten
- Step 5: Eleverne læser et af de Zimbabweanske digte
- Step 6: Eleverne diskuterer digtet i 2-3 personers grupper
- Step 7: Eleverne perspektiverer til det danske digt
- Step 8: Til sidst fortæller eleverne om deres gruppediskussioner, og læreren følger op på,

hvad eleverne har diskuteret og fortæller kort om OD projektet



		Aktivitet	Materiale
00:00-00:10	Intro og ordforråd	Eleverne bliver råbt op, fordeles ud i grupper og eleverne snakker i grupperne om mental sundhed. Hvis de går død, kan de evt. kigge på ordlisten.	N/A
00:10-00:15	Udvidelse af elevernes ordforråd gennem engelsksproget tekst	Eleverne læser/lytter til teksten af Barbro	Barbro - U Think I'm Strange (tekst + video)
00:15-00:25	Refleksion og brug af ord	Eleverne snakker om digtet i grupperne	Analyse spørgsmålene
00:25-00:30	Læsning	Eleverne læser et af de Zimbabweanske digte	Lethu - I was a child once (tekst + video)
00:30-01:00	Brug af engelsk ordforråd og øvelse i at analysere	Eleverne diskuterer digtet i grupperne	Analyse spørgsmålene begge tekster
01:00-01:05	Pause	Pause	N/A
01:05-01:20	Blive bedre til at se ligheder mellem Danmark og omverdenen	Eleverne perspektiverer digtet til det danske digt	Ordlisten begge tekster
01:20-01:30	Afrunding og opfølgning	Læreren får grupperne til at fortælle kort om deres diskussioner og læreren fortæller klassen om OD og projektet	Introduktionen til ODs projekt 2024 om unge, kunst og mental sundhed i Zimbabwe
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Barbro - U think I'm strange

Please close the door

When you leave

It'll take some time

But I'll be there eventually

It's not that I need space

Just to be alone

I just don't need a witness

To what I do when I'm feeling down

That's why I stay awake at night

The darkness has its own time

No minutes no seconds

Just shadows and sounds

And a relief of not quite

Having to be around

And I can never tell the shape you thought you'd see

And I know where it's coming from

It's the shape I'd rather wanna be

U think I'm strange and complicated

If you were just here a little longer

You'd see that things just never ever went

The way I thought they would

U think I'm strange

And I don't lie

It's all the same

Even if I tried

I think I drank too much last night

Don't know what I told you

But I know that I was right

If I gave you all you're asking for

I would be fine

It just wouldn't be us anymore

And I can never tell the shape you thought you'd see

And I know where it's coming from it's the shape I'd rather wanna be

U think I'm strange and complicated

If you were just here a little longer

You'd see that things just never ever went

The way I thought they would

U think I'm strange

And I don't lie

It's all the same even if I tried

And I can never tell the shape you thought you'd see

And I know where it's coming from it's the shape I'd rather wanna be



Lethu - I was a child once

I was a child once never shall I be a child twice, but thrice and twice as much as I shall be a child my whole life.

I was a child once but child in me never had a childhood I had to descript, describe, code and decode

Explain to my little brain learn how to walk and talk walk and cry one after another

I was a child once but child in me never got to be disciplined so I accept every Whooping hop he calls disciplinary love dysfunctional

I was a child once but child in me never got to be afraid of monsters in the dark so I Fear to accept every glimpse of light in my life as I feel it will turn dark and i'll be alone

Just like my bed

I was a child once but because the child in me never got to be a child when I was Supposed to be a child

I fear if I formed a generational case of children without a Childhood so trust me

I was a child once never shall I be

A child twice

but thrice and twice as much as I shall be a child my whole life.



1) Refleksionsark

What does the fact that these poems are spoken add to them?
What lyrical devices does the authors of the poems use?
What are the differences in how the Danish author and the Zimbabwean author use the English language?
In what ways does the subject of mental health come up in the texts and what are the differences in how the texts express it?

