

The exquisite fantasy

This activity aims to talk about an often taboo topic: fantasy. It invites, through anonymity, to create a fictional story and to facilitate conversations around sensuality, pleasure and eroticism.

Duration	30 minutes
Participants	From 8 to 16
Objectives	<ul style="list-style-type: none">- Talking about what l'on love in intimate relationships- Projecting oneself into a fulfilled intimacy- Seeing sexuality as something joyful- Breaking down taboos around fantasies
Material	<ul style="list-style-type: none">- Sheets of paper- Pens
Preparation	<ul style="list-style-type: none">- Create a "cozy" space, with cushions on the floor, blankets, so that everyone feels comfortable. If this is not possible, use chairs and tables.- Provide sheets of paper and pens for each group.
Instructions	<ol style="list-style-type: none">1) Ask each participant to write down in no more than 3 sentences their biggest fantasy, or one they have already fulfilled. Point out that these stories will be read by others and that the writing should be anonymous. To help them, ask them to focus on the 5 senses and write, give them 10 minutes:<ul style="list-style-type: none">- Something they would feel in this situation.- Something that they would see in this situation.- Something that they would hear in this situation.- Something that they would touch in this situation.- Name at least one colour.- Name at least one texture.- Name at least one natural feature.Don't hesitate to give an example to the participants.2) Once done, collect the sheets, fold them, mix them up and distribute one sheet per person. If anyone comes across their story, they can keep it, as it is anonymous, no one will know it is theirs.3) Allow two minutes for each person to read the story.4) Hand out an A4 sheet of paper. The first person in the group writes the sentence of their choice from the three from the story they have picked, the next person selects a sentence from the three available to them, so that they are articulated with the previous one.

Before passing the A4 sheet to the third person, she makes sure to fold the top of the sheet so that only the last sentence is visible. The participants repeat the process until they have all written one sentence. If it doesn't make complete sense, that doesn't matter!

- 5) After 10 minutes, collect the A4 sheet, at this point the sheet should look like an accordion and only the last sentence is visible. Stand in plenary. Let people discover the exquisite fantasy! One sentence can be read by each participant or a trainer can take over the reading.
- 6) Ask everyone to agree on a title for the poem.
- 7) Conclude the activity.

Variants

- 1) Don't hesitate to adapt this activity for radio! When discovering the exquisite fantasies, for example, have each member of the group read a sentence and record the discovery, the laughter and the surprises that go with it!

Tips for facilitators

- Before the activity begins, make sure everyone is comfortable and explain that this is a non-judgmental and caring space.
- Ask that no judgements be made about the fantasies and to keep any observations to yourself until the end of the activity.
- If the participants lack ideas, don't hesitate to tell them to be creative and that a fantasy can be exuberant or, on the contrary, something more down to earth!

Debriefing

- Ask the participants how they felt during the activity, if there were any moments of embarrassment or questioning.
- Ask them if they found it amusing to find out about another person's desires.
- Ask them why they want certain things, whether they saw commonalities, differences, what was the register in the writing...