



Family
for every child



**Arts for
Resilience:
creative tools for
intergenerational work
with vulnerable children
and families**

Your presenting team today

- Kirrily Pells and Kristýna Skriczka, University College London, UK
- Chaste Uwihoreye and Prince Uwizeye from Uyisenga Ni Imanzi, Rwanda
- William Gali & Deirdre Maguire, Family for Every Child
- Practitioners:
 - Kriti Bhattarai, Voice of Children, Nepal
 - Stella Duque Cuesta, Taller de Vida, Colombia
 - Anara Kalilova, Semya, Kyrgyzstan
 - Ita Rahma, Muhammadiyah, Indonesia

Agenda

- Introductions
- Partnership with Family for every child
- Background:

The Nkwihoreze Project & Tools

- Practitioner's presentations
- Q&A
- Close



A photo of participants during introductory session for children
Voice of Children, Nepal

Partnership with Family for every child

William Gali, Family for Every Child

Global partnership, local leadership project: September 2024 to November 2025



Strategic Partnership: Family for Every Child & University College London (UCL)

Shared Vision

Family collaborates with like-minded organisations to uphold children's rights and protection.

This 'Global partnership, local leadership' project was more than a project with the vision, content and process closer to both organisations.



Foundation:

Introduced by Uyisenga ni Imanzi, a Family member the partnership was guided by a Memorandum of Understanding (MOU) built on shared intent and collaboration. Anchored in the UN Convention on the Rights of the Child (UNCRC) and other human rights frameworks.



Guiding Principles

Uphold child rights, non-discrimination, and participation.

Create space for local civil society and lived experience voices.

Foster open, ethical, and dialogical collaboration.

Commit to shared learning and safeguarding.



Partnership Impact

Combining academic rigour (UCL) with community-based practice (Family network) resulted in mutual learning, innovation, and stronger child protection systems.

Together, we bridge global research and local action to strengthen families and uphold children's rights.





Every family has stories – some joyful, some painful, some still waiting to be told.

Nkwihoreze

Arts for Resilience
Ubugeni bwubaka
ubudaheranwa

Buri muryango ugira amateka, amwe ababaje, andi ashimishije. Amwe mu mateka aba ataravugwa. Ngwino ubane natwe muri gahunda za Nkwihoreze.



Family
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Introducing Nkwihoreze

Arts-based tools for intergenerational connections



The Nkwihoreze Tools: Co-created with the community

Culturally rooted, meaningful and adaptable

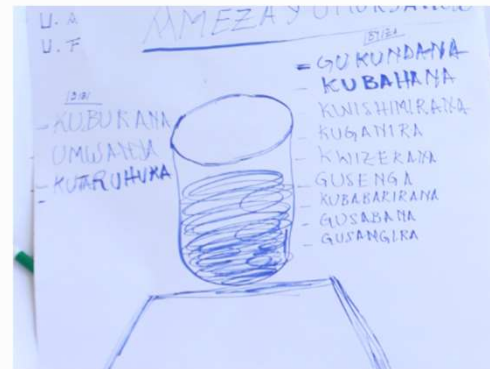


Photos by Fernando Mugisha

The Nkwihoreze toolkit: examples of tools



Family Tree tool



Family Table tool



Story Gifting tool



Which tool would you like to know more about today?

Please **vote now** using the poll function in zoom.

Object Elicitation



A photo of participant during the Object Elicitation activity
Semya Kazhdomu Rebenku
(SKR), Kyrgyzstan

The Family Tree



A photo of participant during the Family Tree activity
Muhammadiyah, Indonesia

The Family Table



A family during Family table exercise during Nkwihoreze Project, Rwanda

Object Elicitation

1 Choose an object and show it
(or describe it)
Nk'abagize itsinda
cyangwa umuryango
mukore uruziga

2 Gather around
in a circle
Hitamo igikoresho
wakwifashisha
ugasangiza
abandi amateka
uukerekane
cyangwa
ugisobanure

3 Share your story
Sangiza amateka
yawe wifashishije
cya gikoresho



4 Group reflection
Mwungurane
ibitekerezo mwese
mu itsinda

Object Elicitation



A photo of participant during the Object Elicitation activity
Semya Kazhdomu Rebenku
(SKR), Kyrgyzstan

The Family Tree

Steps:

Intambwe:

- 1 Draw a big tree

Shushanya igiti kinini kuva ku mizi kugeza ku mbuto



- 2 Write in family names

Andikamo amazina y'abagize umuryango wawe uhereye ku mizi

- 3 Write what you inherited

Ibumoso bw'igiti, andika ibikugora ukomora kubagize umuryango wawe

- 4 Draw weeds for negatives

Iburyo bw'igiti shyiraho ibibi n'ibikugora ubakomoraho

- 5 Draw clouds for future

Mu mbuto shyiraho ibyo wifuza kuzaraga abazagukommokaho



The Family Tree



A photo of participant during the Family Tree activity
Muhammadiyah, Indonesia

The Family Table

Steps: Intambwe:

1

Sit together
as a family

Mwicare hamwe
nk'umuryango
kandi musige
intebe irho ubusa



2

Draw a cooking
pot on a fire – this
represents the family

Mwifashishe imvugo
shusho y'inkono yo
gutekeramo iri ku
muriro ihagarariye
ishusho y'umuryango



3

Around the fire,
write or draw the
family's strengths
and values

Mu gihe
muzengurutse
ameza , buri wese
yandike cyangwa
ashushanye
imbaraga
n'indangagaciro
by'umuryango

4

Inside the pot,
list each member's
unique skills

Buri wese agaragaze
ubumenyi bwihariye bwa
buri wese mu bagize
umuryango.



5

Identify any
“bad ingredients”
(challenges
or negative
behaviours) and
put them on the
rubbish pile



The Family Table



A family during Family table exercise during Nkwihoreze Project, Rwanda (image by Fernando Mugisha)

OUR PILOT: Testing the tools in different context



**Voice of Children,
Nepal**

**Taller de Vida,
Colombia**

**Semya Kazhdomu
Rebenku (SKR),
Kyrgyzstan**

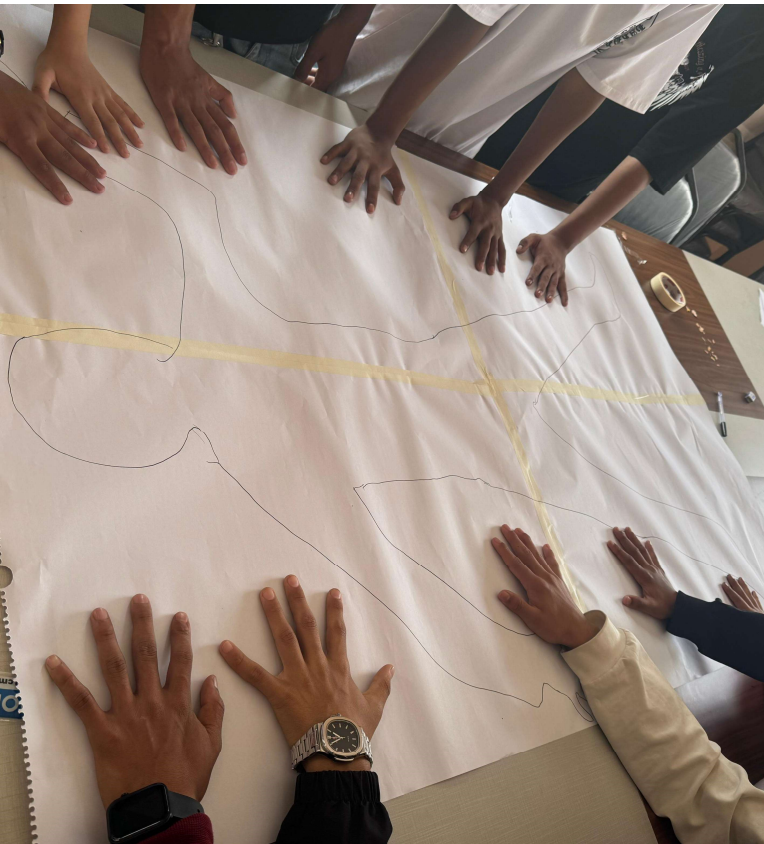
**Muhammadiyah,
Indonesia**



- मेरो घरको
कुपुकुपु
होसुहोसु
- धर्मको



Kriti Bhattarai
Senior Program Manager,
Voice of Children, Nepal



Voice of Children, Nepal (Est: 2000)

Introduction and Motivation



- **Vision:** A just society where every child is respected and enjoys equal rights
- **Target Groups:** Children, young people, women, and families from marginalized communities with special focus on street-connected boys and survivors of sexual violence

Key Challenges

- Deep social stigma around sexual abuse of boys
- Lack of inclusive support networks and trauma-informed

Why We Joined the Nkwihoreze Pilot

- Interest in healing and resilience-building through art
- Children we support have powerful, untold stories shaped by trauma
- Art-based tools offer new ways to understand, support, and empower them

Voice of Children: Our Learning



Issue Identified

- Initial reluctance among parents to engage in drawing, writing, or symbolic reflection
- Rooted in trauma, literacy barriers, and fear of judgment or exclusion

Key Learnings

- Flexibility and emotional safety are essential for authentic engagement
- Trust-building takes time and patience
- Every form of expression—spoken, drawn, or silent is valuable

Considerations for Future Practice

- Use multi-modal approaches (art, speech, play, storytelling)
- Prioritize trauma-informed facilitation and emotional safety
- Include light-hearted activities to support confidence and healing



Stella Duque Cuesta
Taller de Vida, Colombia



Centro de Desarrollo Psicosocial – Taller de Vida – is a social organization founded in 1994 by a group of professional women and community leaders from various regions of Colombia who had experienced social and political violence firsthand. Since then, we have worked to transform the realities faced by children, adolescents, families, and communities affected by armed conflict, forced displacement, enforced disappearance, recruitment, and various forms of gender-based and sexual violence, as well as social exclusion.

Our commitment to human dignity from a psychosocial and rights-based framework guides our work and underpins the development of an innovative methodology based on a systemic approach, the principles of resilience, and the expressive arts. We create and develop psychosocial programs and projects that allow us to interact directly with girls, boys, adolescents, young people, families and communities in different areas of Colombia.

Taller de Vida: Our Learning

Centro de Desarrollo Psicosocial- Taller de Vida:



Sharing the NKWIHORESE proposal with families in the indigenous community



Meeting with young people about resilience and family



Creative meeting on how to represent resilience and talk about resilience in the family

Taller de Vida: Our Learning

Centro de Desarrollo Psicosocial- Taller de Vida:



Meeting with families in Maicao, La Guajira, on the border with Venezuela, about RESILIENCE



Meeting with families in Maicao, La Guajira, on the border with Venezuela, about RESILIENCE

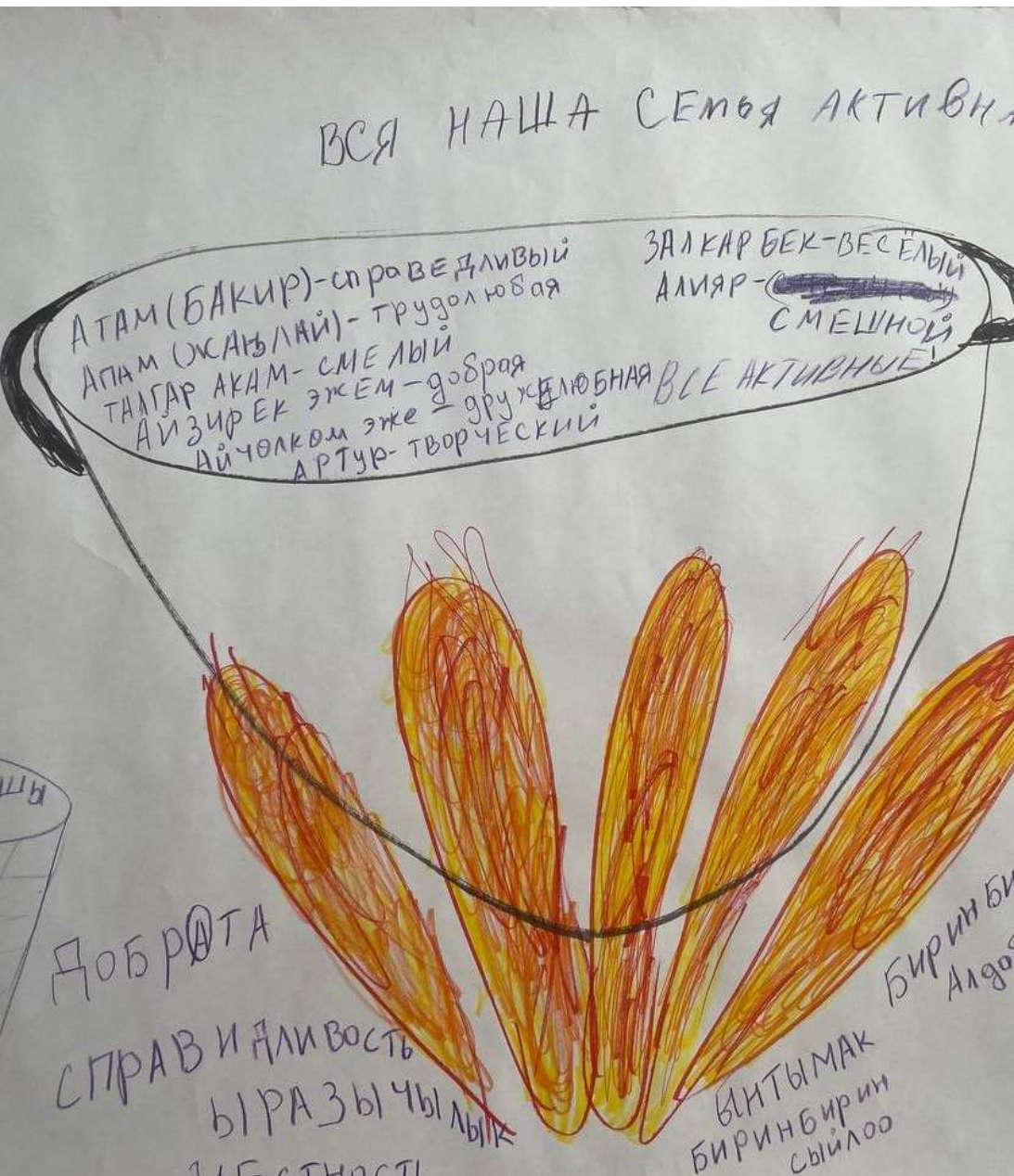
Centro de Desarrollo Psicosocial- Taller de Vida:



Meeting with indigenous families, letters about family and resilience



Meeting with indigenous families, letters about family and resilience



Anara Kalilova
Director of the Semya-kazhdomu rebenku, public foundation, Kyrgyzstan

Semya: Our Learning

Why we joined: every child deserves a safe space

Our adaptation of the “Family Tree” tool

We propose the following possible adaptations:

- 🌳 “My support tree”: where the roots are important people from the present
- ❤️ “People who make my life better”;
- ✨ “A story that inspires me”;
- 🌸 “My future family tree”: about dreams and the future that the child wants to build.



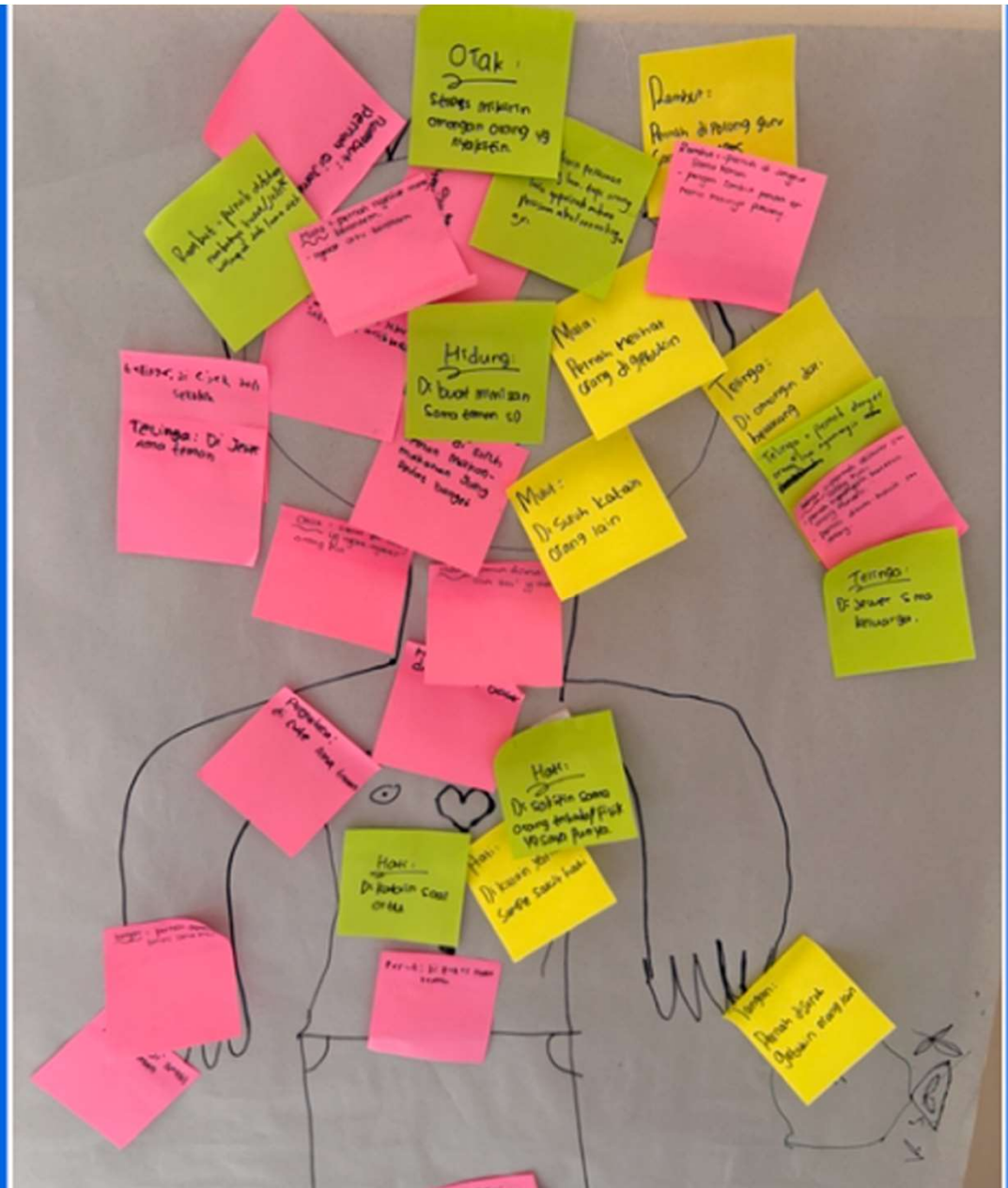


Semya: Key Takeaway

We see great potential for developing this practice. The proposed tools can be used:

- to train social workers and volunteers from rural health committees;
- in the work of teachers and foster parents;
- in mothers' schools at polyclinics.





Muhammadiyah

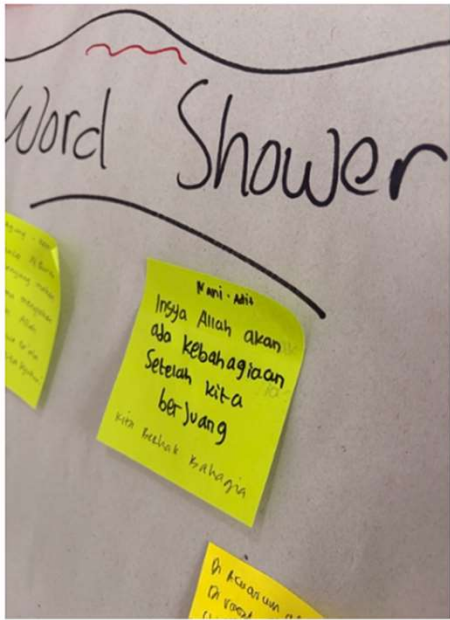


Ita Rahma

Vice Secretary, Social and Welfare Council of Central Board of Muhammadiyah, Indonesia

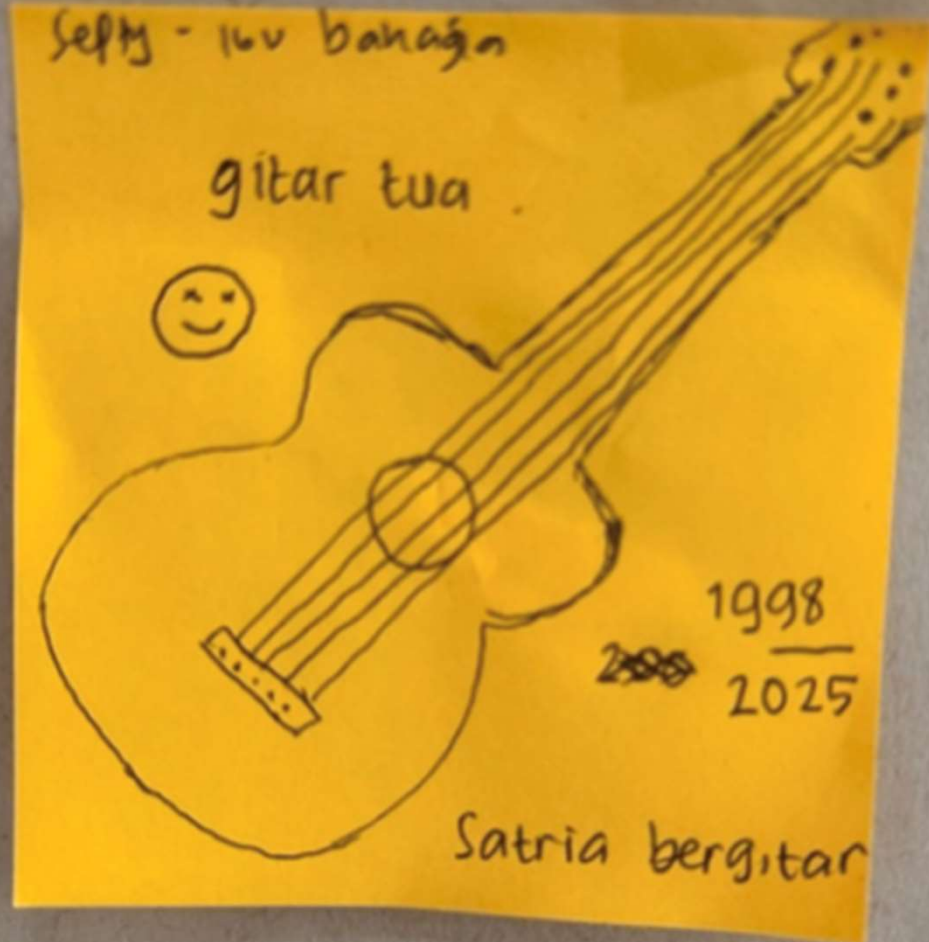
Muhammadiyah: Our Learning

Word Shower - The participants (mothers and children) developed wisdom statements or proverbs based on their personal experiences. One of the motivational taglines created was: *"Never be jealous of someone else's fortune."* For example, one child shared that when he helps his mother sell food, he never feels embarrassed about it.



Family tree - A mother and her daughter draw family tree. They share feeling, emotion and experience on hope. The daughter shares a thought about negative behavior that they want to erase and positive behavior she wants to continue.





Muhammadiyah:



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for every child



Key Takeaway

- Trauma is not always cause by war or natural disaster; poverty can be traumatic.
- Building trust and engagement at the very beginning
- Create a shared space for reflection, storytelling, and emotional connection
- Increased emotional literacy, strengthened parent-child communication, and a renewed appreciation for family values and histories.
- Address parental dominance by ensuring facilitators play an active role in balancing voices and fostering a safe and respectful environment for sharing
- We had developed guidebook for caregiver as facilitators to use this tools and implement it at Muhammadiyah Children Centre (around 615 institutions).
- We will adapt the tools for senior care program to bridge intergenerational relation between elders and young generation.

End of presentation by practitioners.



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Summary:

What we know:

Tools work across cultures and help families and practitioners improve intergenerational communication.

Culture helps connect experiences, co-create solutions, and discuss sensitive topics.

The strengths of the tools: creative, flexible, adaptable, open-ended, and supports safe spaces.

What we want to develop further:

- Tools for overcoming creative barriers
- trust building exercises
- addressing adult-child power-relations in workshops
- adapt for use for supporting separated families,
- and continue to develop facilitator support.



New Project: ArtEase

Inviting Family Support Workers (any practitioners working in support roles for families) in London to learn more about the Nkwihoreze tools and explore the connection between culture and barriers to artistic expression

Find us on www.nkwihoreze.org for more information

**Two webinars and one creative workshop
January-March 2026 (London)**

ArtEase

Arts for Resilience

kristyna.skriczka@ucl.ac.uk

Questions!



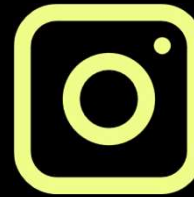
Nkwihoreze workshop, image by Fernando Mugisha

Stay in touch

#nkwihorezeproject



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www.nkwihoreze.org



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Thank you for joining us today.

Continue the conversation at
www.changemakersforchildren.community



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Thank you